

Vitamin	Purpose	Sources
A	Stimulates gastric juices for protein digestion	Butter from grass-fed cows
	Plays a vital role in bone building	Pasteurised whole eggs
	Promotes blood cell health	Liver
	Protects against pollution and degenerative damage	Seafood
D	Needed for calcium and phosphorus absorption	Butter from grass-fed cows
	Helps form strong bones and teeth	Pasteurised whole eggs
	Helps protect against cancer and multiple sclerosis	Liver
E	Aids blood circulation	Unrefined vegetable oils
	Helps with tissue repair and healing	Butter
	Slows the aging process	Organ meats
	Powerful antioxidant	Raw nuts and seeds
K	Important for blood clotting	Liver
	Aids in bone formation	Pasteurised whole eggs
		Whole grains
		Dark leafy green vegetables
B	Promotes healthy nerves, skin, eyes, hair, liver and muscle tones	Whole refined grains
	Prevents fatigue	Fresh fruit
	Vital for carbohydrate metabolism	Fresh vegetables
	Helps produce cholesterol	Raw nuts
	Helps maintain iron levels in blood	Legumes
C	Aids tissue growth and repair	Fresh fruit
	Strengthens capillary walls	Fresh vegetables
	Supports lactation	Some organ meats
	Supports adrenal gland function	
	Vital for collagen formation	