

The Nutrient Blueprint

Your Guide to Every Vitamin and Mineral

Sillz



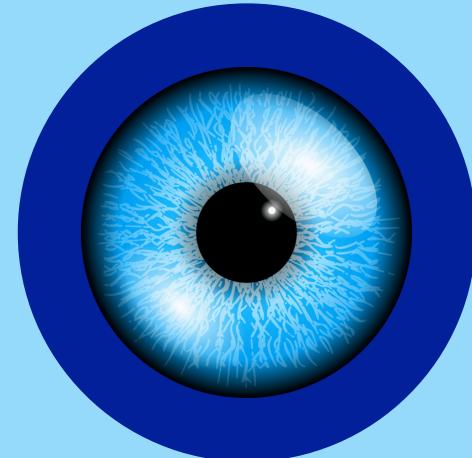
@SILLZFIT

VITAMIN A

RDIs:
900 mcg

Benefits

Eye Health



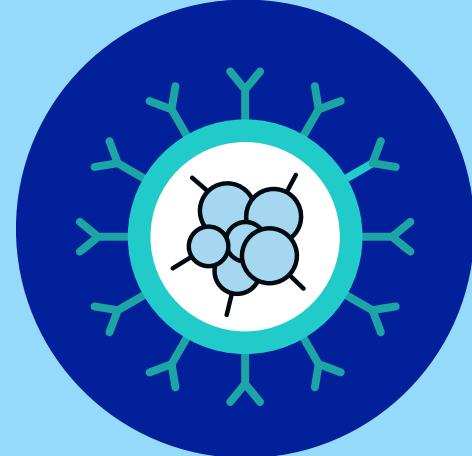
Immune Health



Skin Health



Anti-Cancer Effects



Best Sources

Liver



Sweet Potatoes



Butternut Squash



Carrots



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VITAMIN B1

RDI:
0.8 mg

Benefits

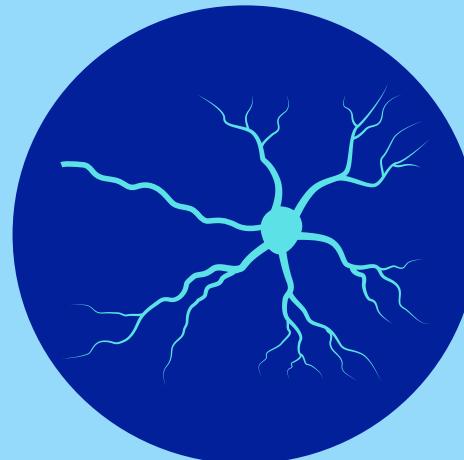
Converts Food Into Energy



Memory



Nerve Function



Heart Health



Best Sources

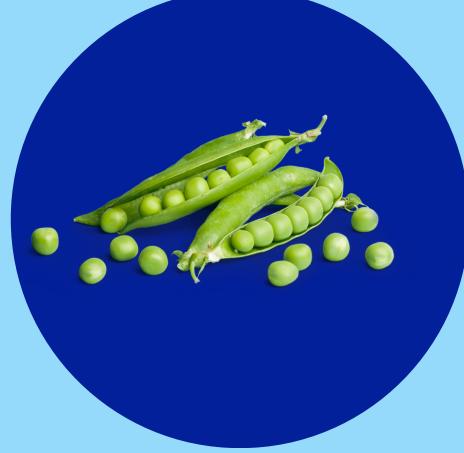
Pork



Salmon



Green Peas



Brown Rice



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VITAMIN B2

RDI:
1.3 mg

Benefits

Energy Production



Eye Health



Skin Health

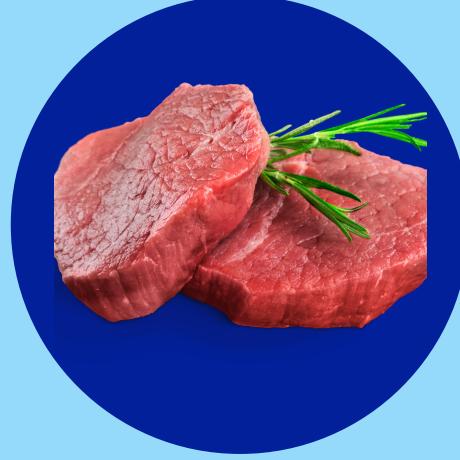


Prevent Migraines



Best Sources

Beef



Salmon



Milk



Mushrooms



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VITAMIN B3

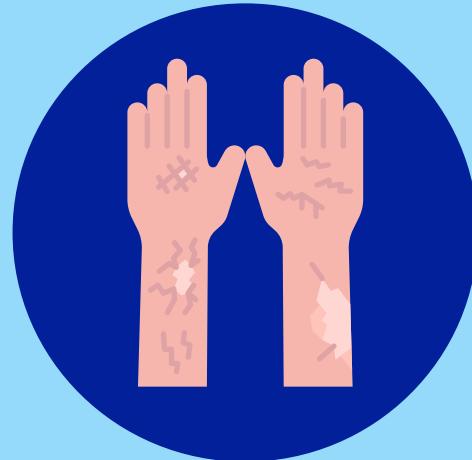
RDI:
16 mg

Benefits

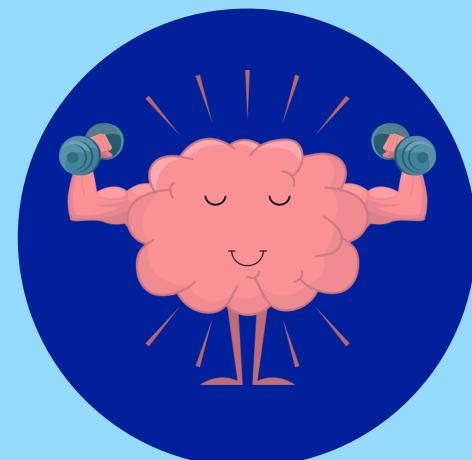
Heart Health



Skin Health



Brain Function



Sexual Health

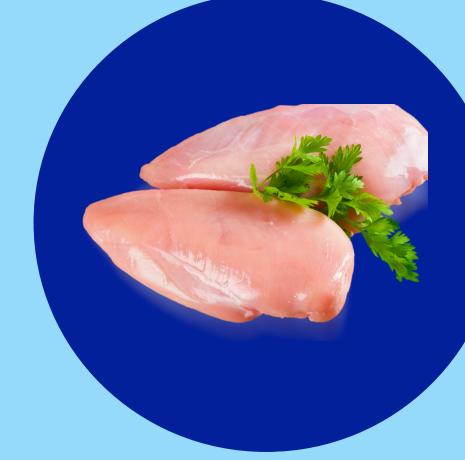


Best Sources

Tuna



Chicken



Pork



Beef



@SILLZFIT

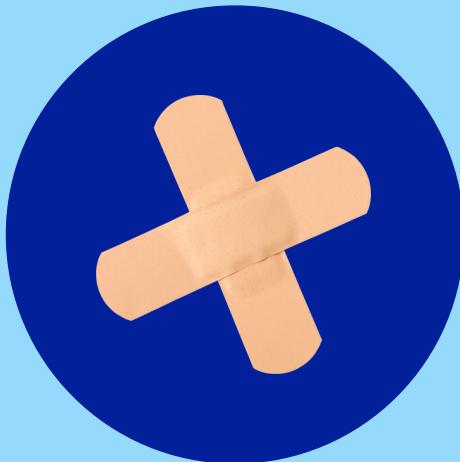
VITAMIN B5

RDI:

5 mg

Benefits

Wound Healing



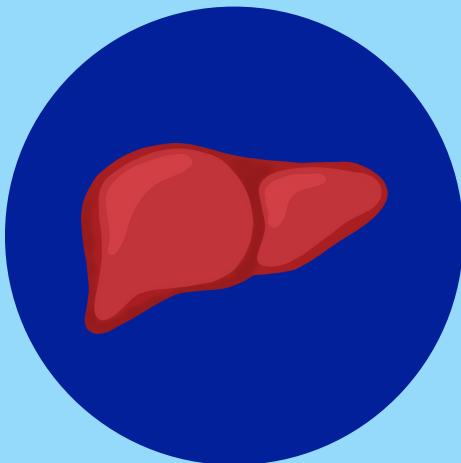
Brain Function



Reduces Stress



Liver Health



Best Sources

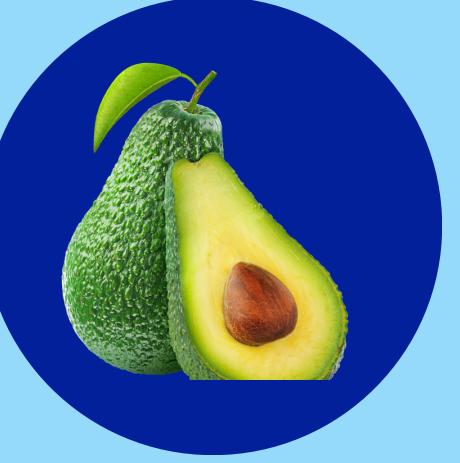
Mushrooms



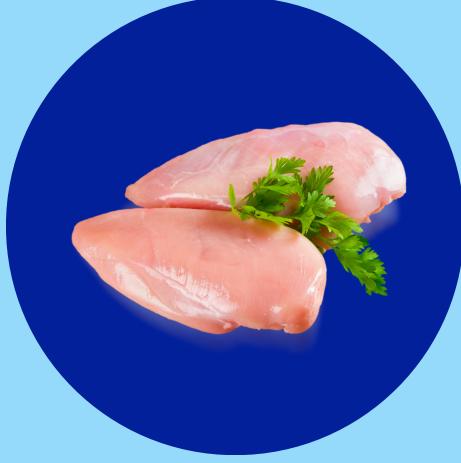
Salmon



Avocado



Chicken



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VITAMIN B6

RDIs:

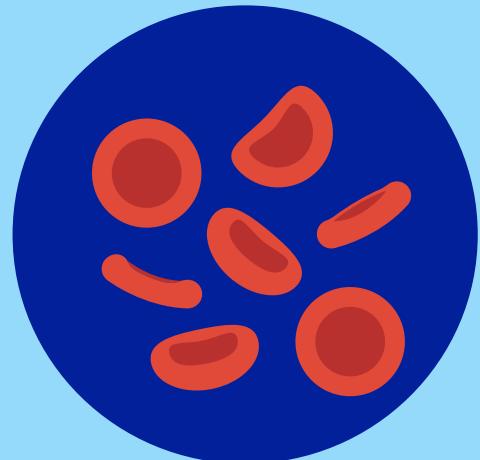
1.3 mg

Benefits

Brain Development



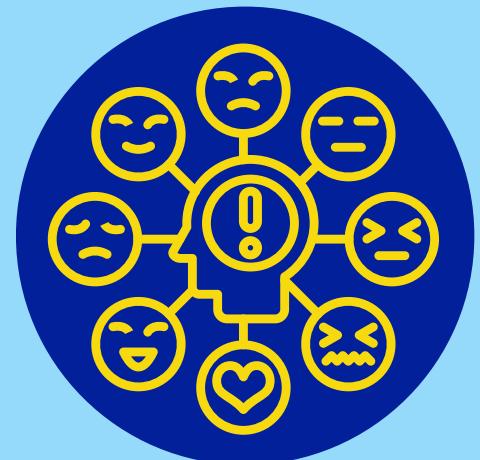
Red Blood Cell Production



Regulates Sleep



Regulates Mood

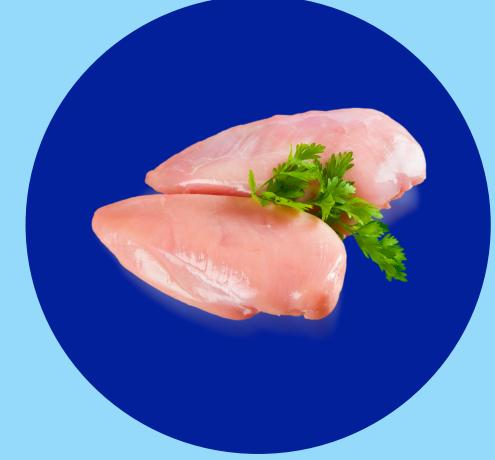


Best Sources

Salmon



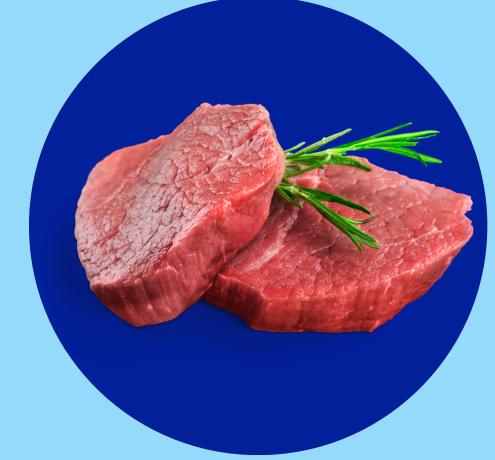
Chicken



Pork



Beef



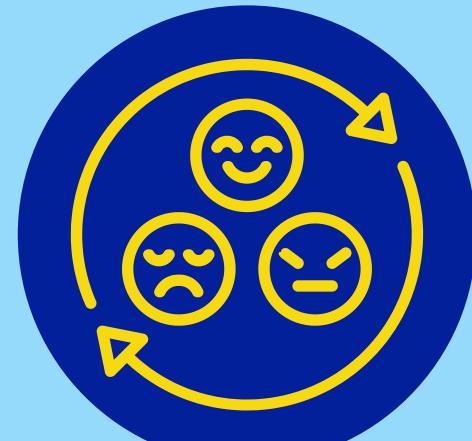
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VITAMIN B9

RDI:
400 mcg

Benefits

Emotional Health



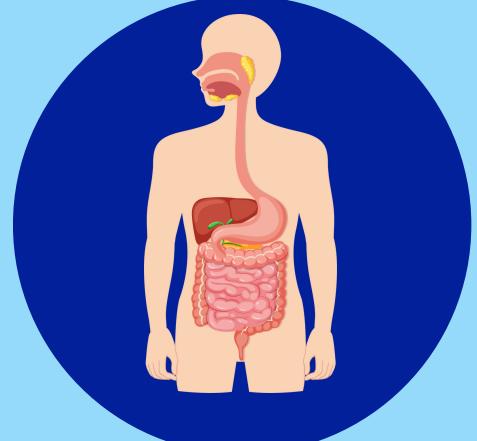
Fetal Development
During Pregnancy



DNA Synthesis



Digestion



Best Sources

Liver



Spinach



Lentils



Avocado



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VITAMIN B12

RDI:
2.4 mcg

Benefits

Energy Metabolism



Red Blood Cell Production

Mental Clarity



Skin Hair & Nail Health

Best Sources

Clams



Tuna



Beef



Milk



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VITAMIN C

RDIs:
90 mcg

Benefits

Best Sources

Immune Health



Antioxidant



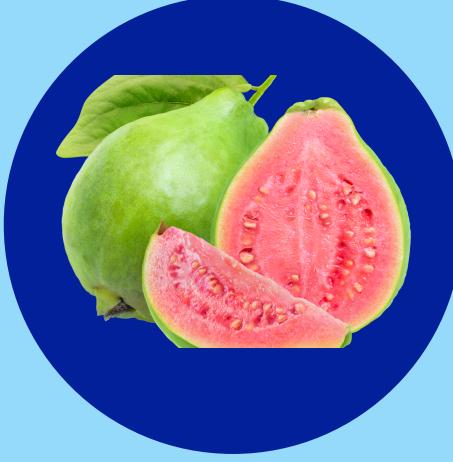
Skin Health



Iron Absorption



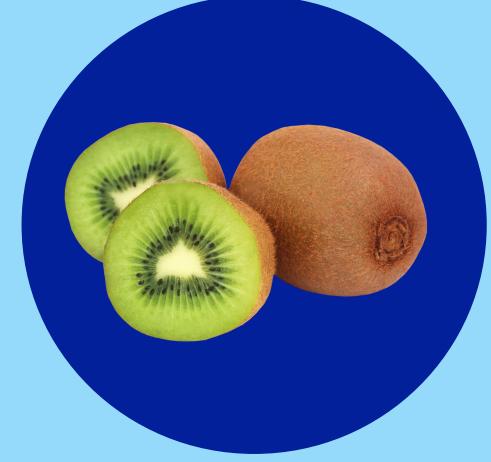
Guava



Bell Pepper



Kiwi



Strawberries



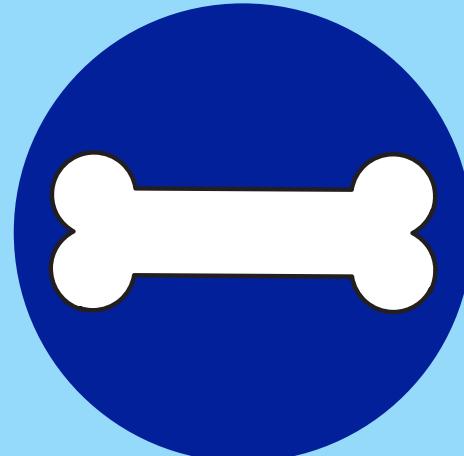
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VITAMIN D

RDI:
600 mcg

Benefits

Bone Health

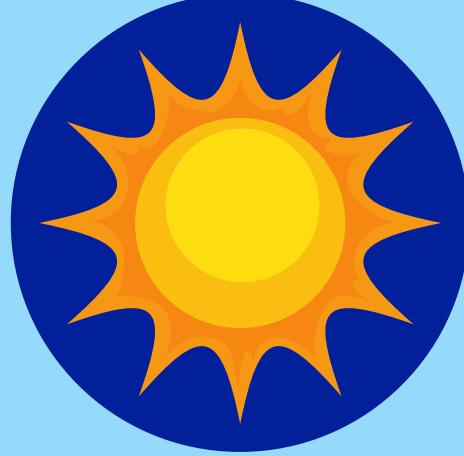


Dental Health



Best Sources

Sunlight



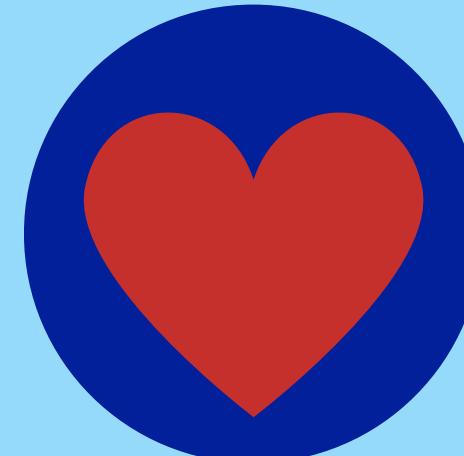
Salmon



Mood



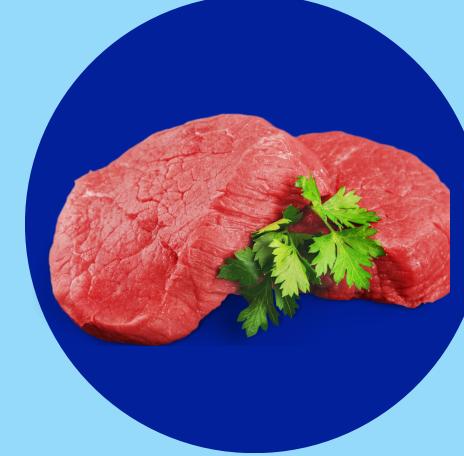
Heart Health



Eggs



Tuna



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VITAMIN E

RDI:
15 mcg

Benefits

Skin Health



Antioxidant



Cognitive Function



Anti-Inflammatory



Best Sources

Acai



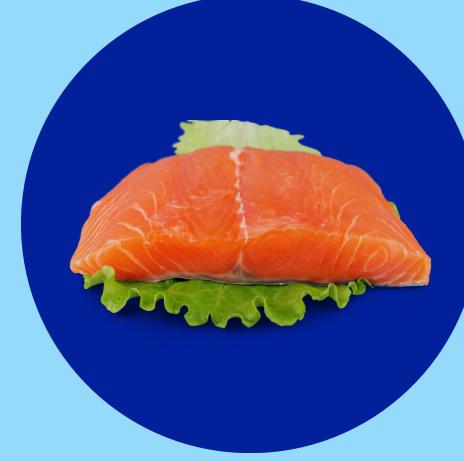
Avocado



Almonds



Trout



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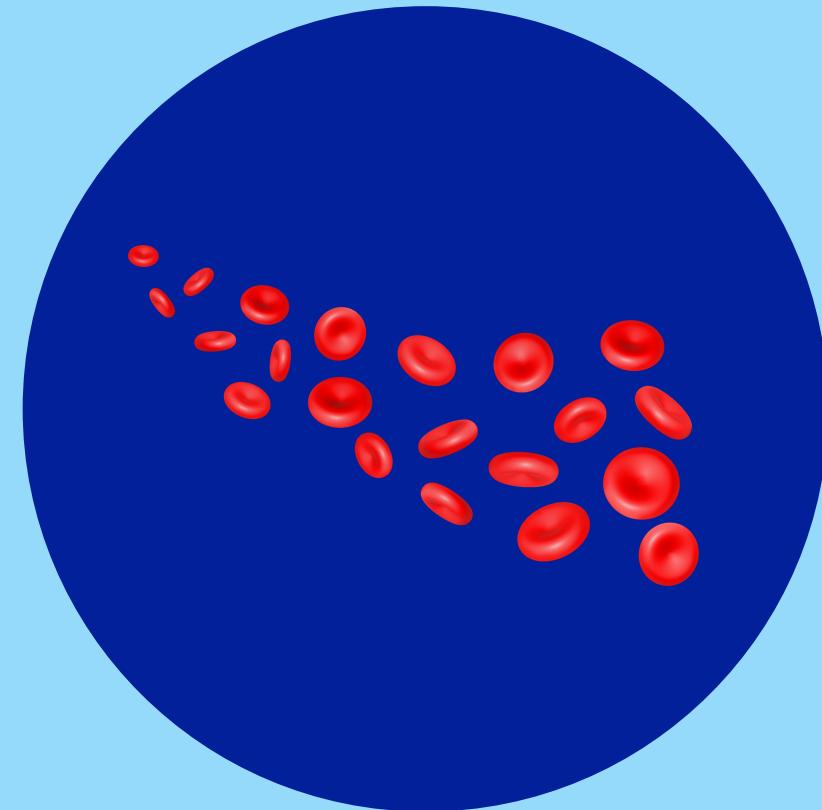
VITAMIN K1

RDI:

120 mcg

Benefits

Blood Clotting



Best Sources

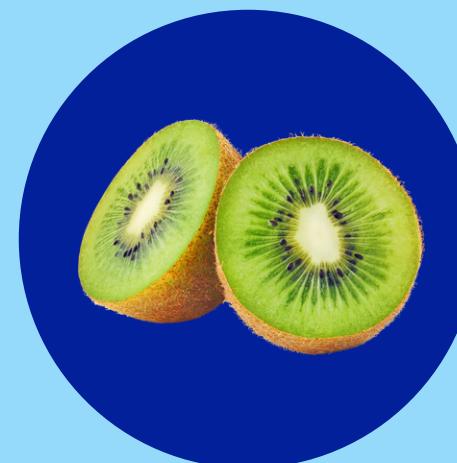
Leafy Greens



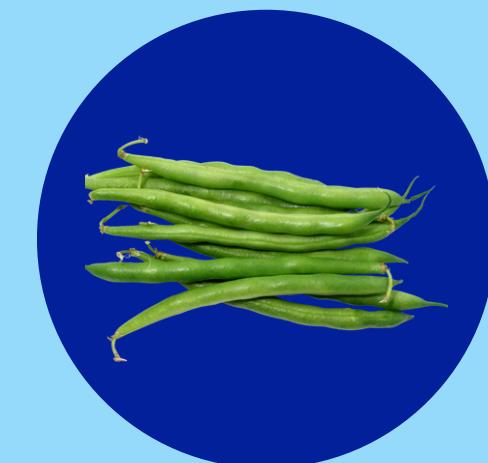
Broccoli



Kiwi



Green Beans



@SILLZFIT

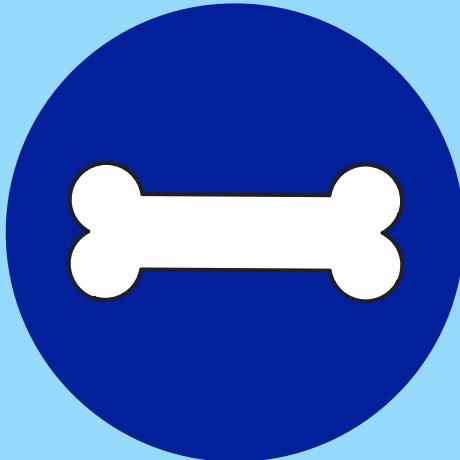
VITAMIN K2

RDI:

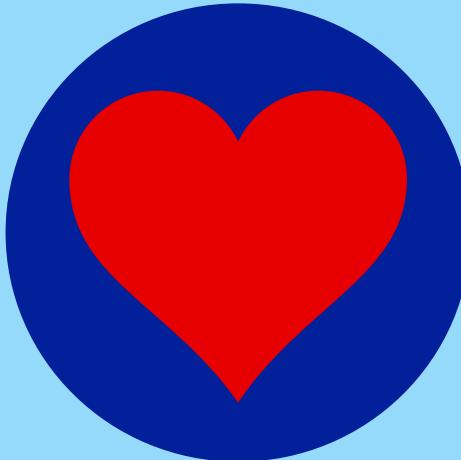
200 mcg

Benefits

Bone Health

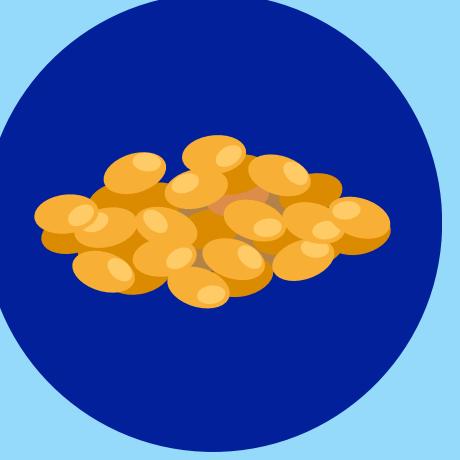


Heart Health



Best Sources

Natto



Hard Cheese



Goose Liver



Butter



@SILLZFIT

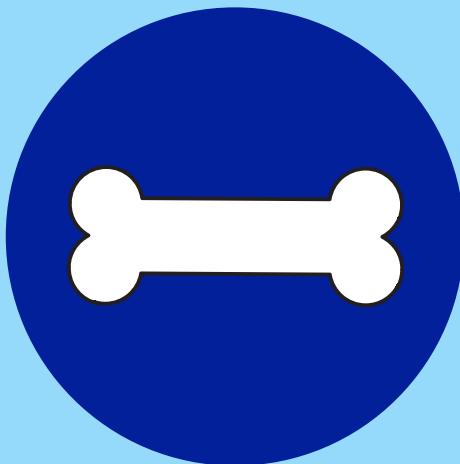
CALCIUM

RDI:

1000 mg

Benefits

Bone Health



Hormonal Balance



Dental Health



Muscle Function

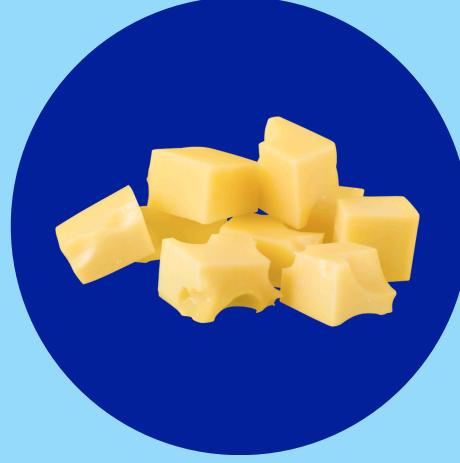


Best Sources

Milk



Cheese



Yogurt



Canned Salmon (w/ Bones)



@SILLZFIT

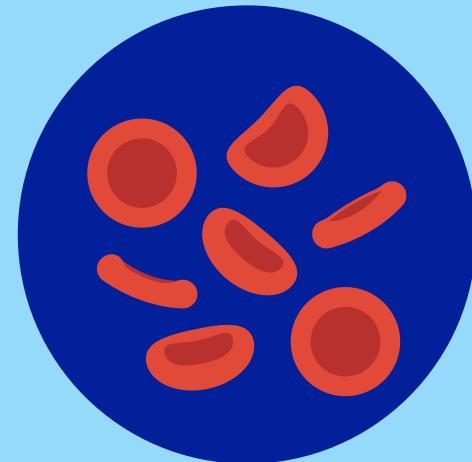
COPPER

RDI:

0.9 mg

Benefits

Red Blood Cell Production



Brain Function



Autoimmune Health



Energy Production



Best Sources

Oysters



Sweet Potatoes



Mushrooms



Dark Chocolate



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IRON

RDI:
8 mg

Benefits

Energy Production



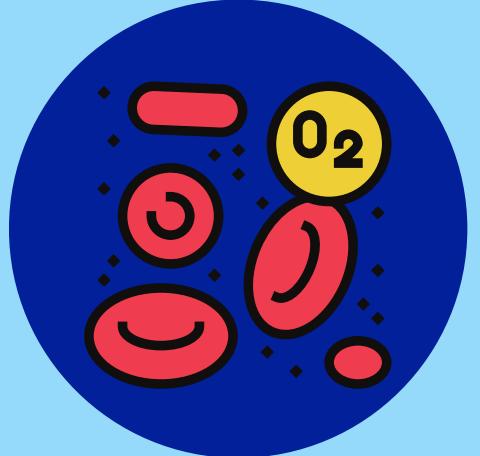
Muscle Function



Cognitive Function



Oxygen Transport



Best Sources

Beef



Oysters



Clams



Lamb



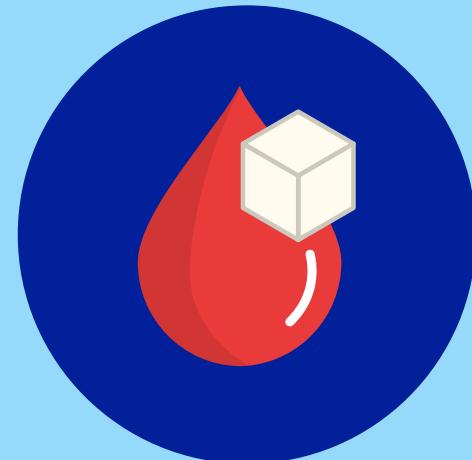
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MAGNESIUM

RDI:
400 mg

Benefits

Regulates Blood
Sugar



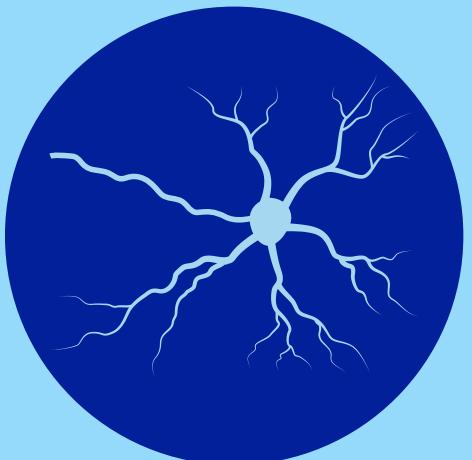
Bone Health



Muscle Function



Nerve Function



Best Sources

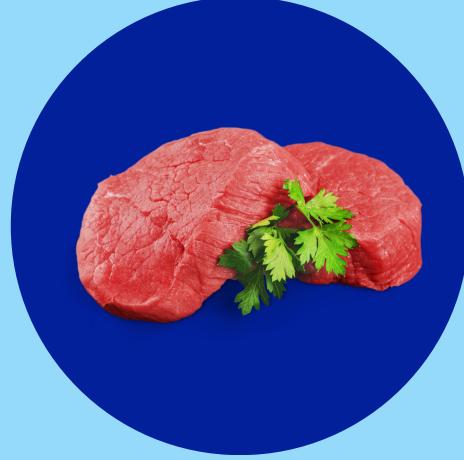
Spinach



Pumpkin Seeds



Tuna



Brown Rice



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MANGANESE

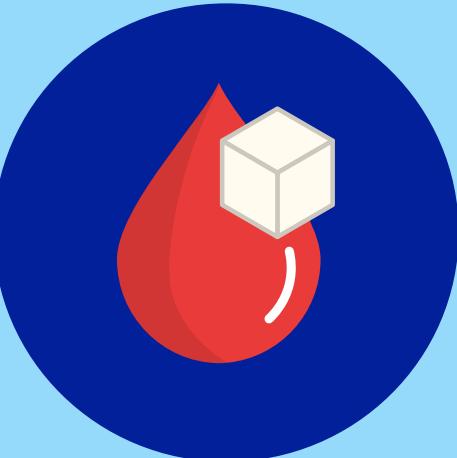
RDI:
2.3 mg

Benefits

Antioxidant Activity



Regulates Blood Sugar



Joint Function



Nutrient Absorption

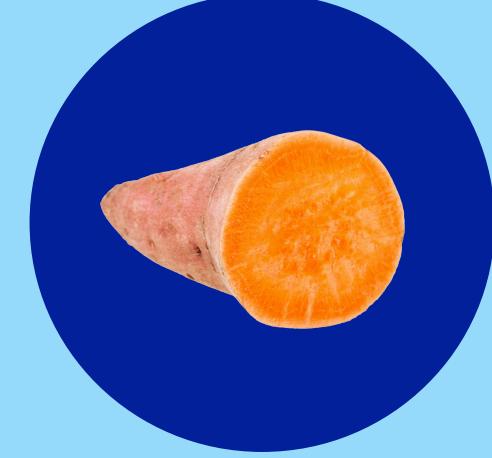


Best Sources

Mussels



Sweet Potatoes



Brown Rice



Chickpeas



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PHOSPHOROUS

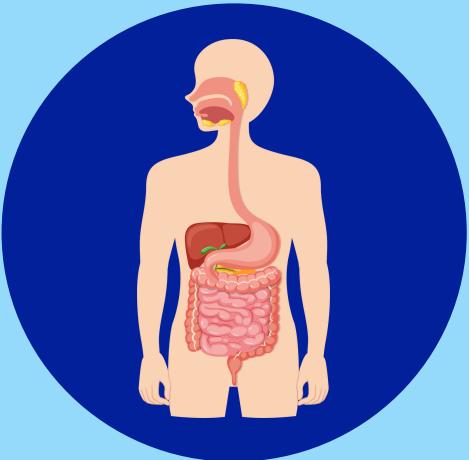
RDI:
700 mg

Benefits

Bone Formation



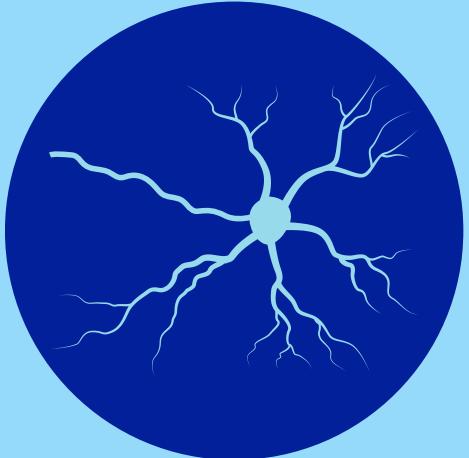
Digestion



Hormone Function

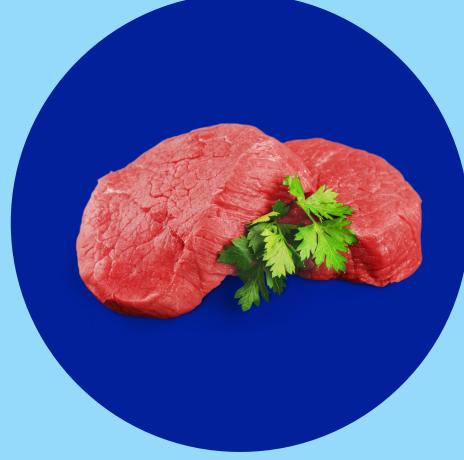


Nerve Signaling



Best Sources

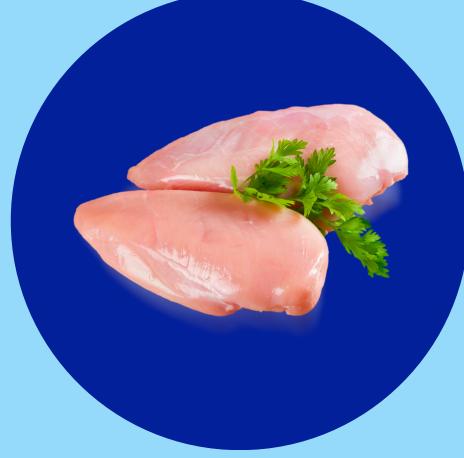
Tuna



Pork Chops



Chicken Breast



Scallops



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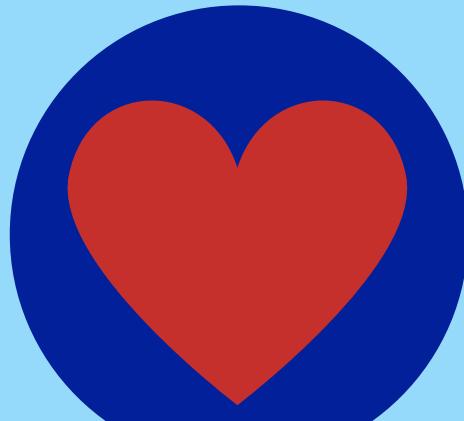
POTASSIUM

RDI:

3400 mg

Benefits

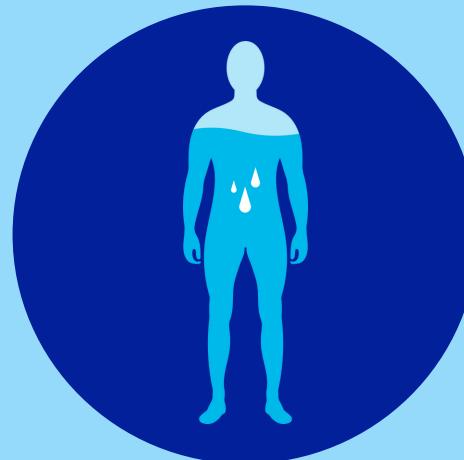
Heart Health



Regulates Blood Pressure



Fluid Balance



Muscle Function



Best Sources

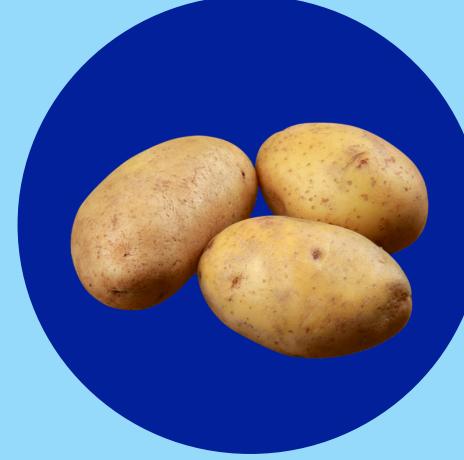
Sweet Potato



Salmon



Potato



Avocado



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SELENIUM

RDI:

55 mg

Benefits

Immune Health



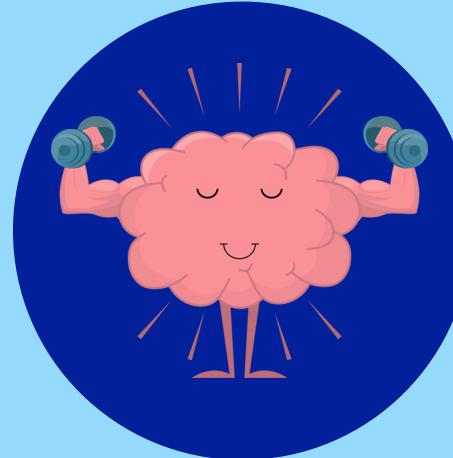
Anti-Inflammatory



Heart Health

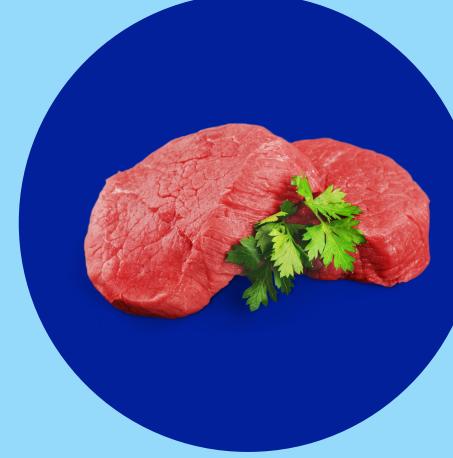


Brain Function



Best Sources

Tuna



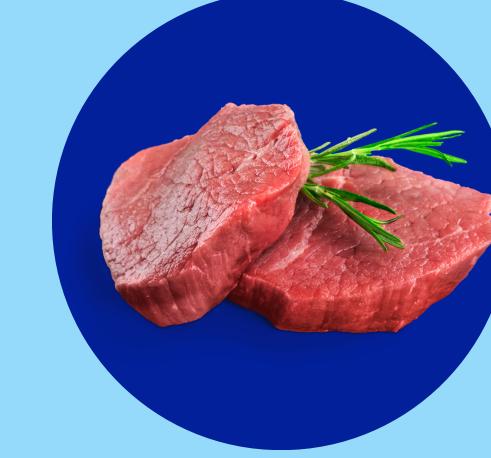
Oysters



Pork Chops



Beef



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ZINC

RDI:
11 mg

Benefits

Immune Health



Skin Health

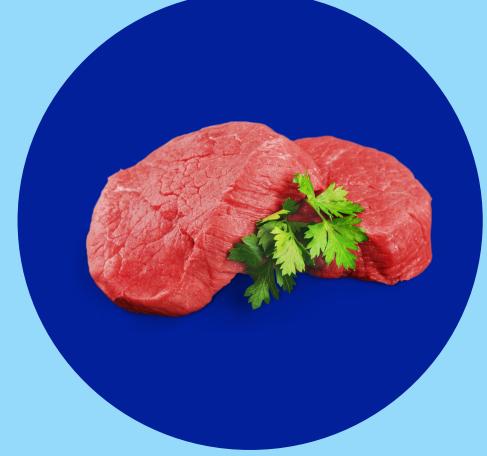


Best Sources

Oysters



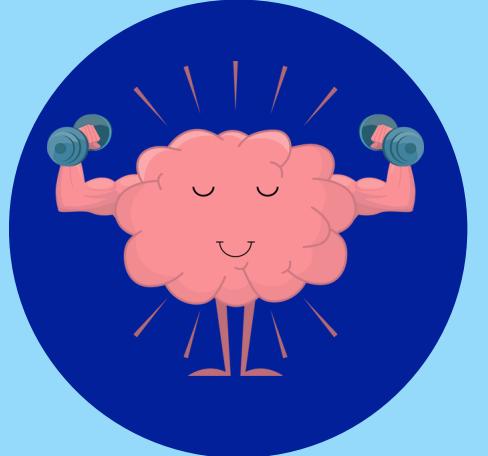
Beef



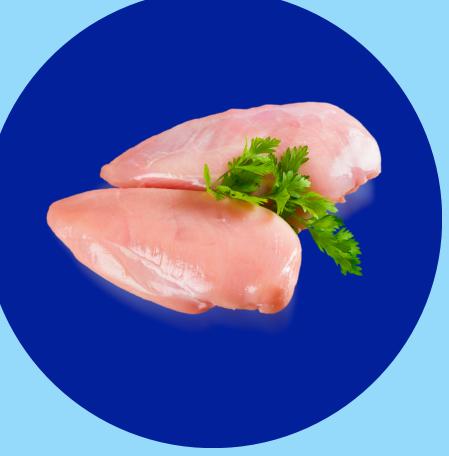
Wound Healing



Brain Function



Chicken



Pork Chops



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