

# Nutrients FOR WHOLE BODY HEALTH

## GENERAL HEALTH (Multivitamin, OPC-3®)

With 100% or more of the recommended daily value of essential vitamins, minerals and other key nutrients, our quality multivitamin helps provide the body with the key nutrients it needs.\* OPC-3 offers a combination of some of the most powerful antioxidants found in nature with grape seed, red wine and Pycnogenol®. Isotonix OPC-3® contains the only isotonic form of Pycnogenol in the world.

## HEALTHY SKIN (OPC-3 Beauty Blend)

This supplement ups the ante on your skincare routine by promoting healthy skin at the cellular level, and nourishing and rejuvenating skin cells with powerful antioxidants that provide free-radical protection and work to keep skin looking and feeling beautiful.\*

## HEART HEALTH™ (Omega III)

Heart Health Omega III Fish Oil w/ Vitamin E contains 3000 mg of fish oil — nearly 3x more fish oil than most other fish oil products on the market. Our Omega III formula provides a clean and safe product rich in EPA and DHA.\*

## BLOOD SUGAR (Advanced Level 90®)

Advanced Level 90's combination of vitamins, trace minerals and herbs help maintain healthy blood sugar levels and may help promote the normal release and activity of insulin, as well as helping to reduce sugar cravings and promoting weight loss.\*

## MUSCLE FUNCTION (Magnesium)

Magnesium is a key mineral that aids in physiological processes, supporting over 300 enzyme reactions in the body. This includes its role in supporting muscle health and comfort, as well as transmitting nerve impulses to the muscles.\*

## JOINT HEALTH AND SUPPORT

### (Joint Support Formula)

To support joint health as you age, this winning combination of glucosamine, Pycnogenol®†‡ and hyaluronic acid help maintain joint comfort, fluidity and flexibility.\*

## COGNITIVE HEALTH (Activated B-Complex, Curcumin)

Studies show curcumin may help maintain neurological and cognitive health as we age, like promoting normal immune, cell-brain (neuron) interactions to maintain cognitive health. Research has also proven B vitamins to help to maintain healthy levels of serotonin — thereby helping to decrease stress and improve mood — promoting normal cognitive performance and increasing energy.\*

## ENERGY (Turn Up)

Turn Up's custom blend of vitamins, amino acids and minerals help increase energy in the body and mind while providing strong antioxidant protection.\*

## DIGESTION (Probiotics-10)

Probiotics provide your digestive system with helpful bacteria to support numerous areas of health, from immunity to stomach comfort and bowel regularity. Our formula's carefully selected probiotic strains are 10 of the most common and studied, each with unique benefits to support optimal digestive health.\*

## WEIGHT MANAGEMENT (trim tea, trim café)

Support healthy, lasting weight loss with TLS® brand thermogenic supplements that are formulated to promote a feeling of fullness, appetite control and metabolic balance.\*

## BONE HEALTH (Calcium Plus, Vitamin D)

Making calcium and vitamin D a part of your daily regimen can help maintain strong bones.\*

## IMMUNE SUPPORT (Immune)

Promote healthy energy levels and vitality throughout the year with this formula designed to prime the body's natural immune response and provide antioxidant protection. Our formula includes these immune-supporting ingredients: Wellmune®‡, vitamin C and zinc.\*



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\*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.  
†According to the FDA, supportive, but not conclusive, research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

‡Pycnogenol® is a registered trademark of Horphag Research Limited and is protected by U.S. Patents 4,698,360 5,720,956 and 6,372,266.

‡Wellmune® is a registered trademark of Kerry Group.

Suggested Nutritional Guide	
<b>This is a guideline of supplements that have helped others with health challenges.</b>	
<b>We recommend being committed to correctly taking the recommended supplements</b>	
<b>for a minimum of 90 days for maximum results.</b>	
Acid Reflux	OPC-3, Calcium Plus, ultimate Aloe Drink, Digestive Enzymes
Acne	OPC-3, Ultimate Aloe Drink, Skintelligence, B-Complex, Calcium Plus
ADD/ADHD	Spectrum OPC-3, B-Complex, Ultimate Aloe Drink, Spectrum Multi-Vitamin
Aging	OPC-3, Heart Health, Vitamin D, Ultra Prime, Prime Factor, Calcium Plus, B-Complex, Vision Formula
Aids	Ultimate Aloe Drink, OPC-3, ORAC, Isochrome, B-Complex, Multi-Vitamin, Vitamin-C, Calcium Plus
Alcoholism	B-Complex, Calcium Plus, Multi-Vitamin, Isochrome
Alertness	OPC-3, B-Complex, Isochrome, Vitamin D, Mochatonix
Allergies	OPC-3, Ultimate Aloe Drink, ORAC
Alzheimer's	OPC-3, Ultimate Aloe Drink, Curcumin, B-Complex, Multi-Vitamin
Amblyopic	Vitamin-C
Anemia	OPC-3, ORAC, B-Complex, Multi-Vitmatin, Vitamin-C
Angina	OPC-3, Heart Health, Isochrome, Vitamin C, Calcium Plus, Multi-Vitamin
Anorexia	Multi-Vitamin
Anxiety	B-Complex, Calcium Plus, OPC-3, ORAC, Multi-Vitamin, Transitions ACTS
Appetite	Mochatonix, Isochrome, B-Complex, Transitions
Arrhythmia	Isochrome, Calcium Plus, OPC-3, CoQ-10, Vitamin D, Heart Health
Arthritis	OPC-3, Ultimate Aloe Drink, Isochrome, Vitamin-C, Calcium Plus, Vitamin D, Glucosatrin
Asthma	OPC-3, ORAC, B-Complex, Multi-Vitamin
Athlete's Foot	Ultimate Aloe Drink, Ultimate Aloe Gel, OPC-3, Vitamin-C
Atherosclerosis	Isochrome, OPC-3, Heart Health, Ultimate Aloe Drink, B-Complex, Vitamin D Multi-Vitamin
Autism	Spectrum OPC-3, Spectrum Multi-Vitamin, B-Complex, Digestive Enzymes
Back Pain	OPC-3, Multi-Vitamin, Calcium Plus, B-Complex, Glucosatrin, ORAC
Bed Wetting	OPC-3, Ultimate Aloe Drink (Cranberry/apple)
Bell's Palsey	OPC-3, B-Complex
Bladder	OPC-3, Ultimate Aloe Drink, Complete Greens, Digestive Enzymes
Bloating	Digestive Enzymes, Complete Greens, Ultimate Aloe Drink, Nutri-Clean
Blood Purifier	OPC-3, ORAC, Ultimate Aloe Drink
Body Builder	OPC-3, B-Complex, Isochrome, Vitamin D, Torch Pre-Burn, Torch After-Burn, Torch Hydrate
Boils	OPC-3, ORAC, Isochrome, Ultimate Aloe Drink, Calcium Plus, B-Complex, Multi-vitamin
Bone Spurs	OPC-3, Vitamin D, Calcium Plus, Glucosatrin
Breast Cancer	OPC-3, ORAC, Isochrome, B-Complex, Vitamin C, Vitamin D, Multi-vitamin, Ultimate Aloe Drink
Breast Lumps	OPC-3, ORAC, Ultimate Aloe Drink, Isochrome, B-Complex, Vitamin D
Bronchitis	Ultimate Aloe Drink, OC-3, ORAC, Vitamin C
Bruising	OPC-3, B-Complex, Calcium Plus, Vitamin C, Vitamin D
Burns	Ultimate Aloe Drink, Ultimate Aloe Gel, OPC-3
Bursitis	OPC-3, Calcium Plus, ORAC, Glucosatrin
Cancer	Ultimate Aloe Drink, OPC-3, ORAC, Complete Greens, B-Complex, Isochrome, Digestive Enzymes
Candida Albicans	Ultimate Aloe Drink, OPC-3, Isochrome, B-Complex, Complete Greens, Digestive Enzymes

Canker Sores	OPC-3, ORAC, Ultimate Aloe, Vitamin C
Cardiovascular Disease	OPC-3, ORAC, Hearth Health, B-Complex, Vitamin D, Ultimate Aloe
Carpal Tunnel	OPC-3, B-Complex, Glucosatrin, ORAC
Cataracts	OPC-3, Vision Formula, B-Complex, Vitamin D, ORAC
Celiac Disease	OPC-3, Ultimate Aloe Drink, Digestive Enzymes, Vitamin C, B-Complex
Cervical Dysplasia	OPC-3, ORAC, Ultimate Aloe, B-Complex, Calcium Plus
Chemotherapy	Ultimate Aloe Drink, ORAC, B-Complex, Vitamin C
Cholesterol	Heart Health, B-Complex, OPC-3, Vitamin D
Chronic Fatigue	OPC-3, ORAC, B-Complex, Vitamin D, Ultimate Aloe Drink
Circulation	OPC-3, Calcium Plus, B-Complex, ORAC
Cirrhosis	Ultimate Aloe Drink, OPC-3, B-Complex, Calcium Plus
Colds and Flu	OPC-3, Ultimate Aloe Drink, Vitamin D, Vitamin C
Cold Sore	OPC-3, ORAC, Vitamin C, Ultimate Aloe Drink
Colitis	Ultimate Aloe Drink, OPC-3, Digestive Enzymes
Conjunctivitis	Vitamin C
Constipation	Ultimate Aloe Drink, Digestive Enzymes, OPC-3, Nutri-Clean, Nutri-Clean Fiber
Cough	OPC-3, Ultimate Aloe Drink
Cramps (intestinal)	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Cramps (muscle)	OPC-3, Calcium Plus, B-Complex
Crohn's Disease	Ultimate Aloe Drink, Digestive Enzymes, OPC-3
Cystitis	OPC-3, Ultimate Aloe Drink, Vitamin C
Depression	OPC-3, B-Complex, Vitamin D, Co-Q10
Dermatitis	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel, Vitamin C
Detoxification	OPC-3, Nutri-Clean, Ultimate Aloe Drink, Complete Greens, ORAC
Diabetes	OPC-3, Isochrome, Level 90, Vitamin C, B-Complex, Ultimate Aloe
Diarrhea	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Digestive Problems	Digestive Enzymes, Ultimate Aloe Drink, OPC-3, Calcium Plus
	Complete Greens
Diverticulitis	Ultimate Aloe Drink, Digestive Enzymes, OPC-3, ORAC,
	Calcium Plus, Complete Greens
Dizziness	OPC-3, ORAC, Vitamin C
Drug Toxicity	OPC-3, ORAC, Vitamin C, Ultimate Aloe, Digestive Enzymes
Ear Infections	Ultimate Aloe Drink, OPC-3, B-Complex, Vitamin C
Eczema	Ultimate Aloe Drink, OPC-3, Ultimate Aloe Gel
Edema	OPC-3, Calcium Plus, B-Complex, Vitamin D
Emphysema	OPC-3, Ultimate Aloe Drink, ORAC, Vitamin C, B-Complex
Endometriosis	OPC-3, Vitamin C, Calcium Plus, B-Complex
Energy	B-Complex, Mochatonix, Awake, OPC-3, Transitions ACTs
Epilepsy	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC
Epstein Barr Virus	OPC-3, Isochrome, B-Complex, B-Complex, Multi-Vitamin, Mochatonix
Estrogen Supp.	Ultra Prime, Prime Factor, B-Complex, Feminine
Eyes	Vision Formula, OPC-3, Vitamin C, B-Complex
Fatigue	OPC-3, B-Complex, Multi-Vitamin, mochatonix, Vitamin C, Vitamin D,
	Transition ACTS
Female Issue	OPC-3, Feminine, B-Complex, Calcium Plus
Fever	Ultimate Aloe Drink, OPC-3, Vitamin C
Fever Blisters	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel
Fibromyalgia	OPC-3, ORAC, B-Complex, Calcium Plus, Vitamin D, Vitamin C, Multi-Vitamin

Fungus	Ultimate Aloe Gel, Ultimate Aloe Drink, Vitamin C
Gall bladder	OPC-3, Calcium Plus, Ultimate Aloe Drink, B-Complex
Gall Stones	Ultimate Aloe Drink, Vitamin C
Gastric Cancer	OPC-3, Ultimate Aloe Drink, Complete Greens, B-Complex, ORAC, Vitamin D
GERD	OPC-3, Ultimate Aloe Drink, Digestive Enzymes, Complete Greens, Calcium Plus
Gestational Diabetes	OPC-3, Isochrome, Level 90
Gingivitis	OPC-3, Vitamin C, Co-Q10
Glaucoma	OPC-3, ORAC, Vitamin C, Vitamin D, Vision Formula
Goiter	OPC-3, Vitamin C
Gout	OPC-3, Ultimate Aloe Drink, B-Complex, Digestive Enzymes
Graves Disease	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC,
	Transitions ACTS
Gums(receding)	OPC-3, Calcium Plus, Co-Q10
Hair	OPC-3, Calcium Plus, Vitamin C
Halitosis	Vitamin C, OPC-3, Ultimate Aloe Drink
Hangover	B-Complex OPC-3
Hay Fever	OPC-3, B-Complex, ORAC, Ultimate Aloe Drink
Headache	B-Complex, OPC-3, Calcium Plus
Heartburn	Ultimate Aloe Drink, OPC-3, Complete Greens, Calcium Plus, Digestive Enzymes
Heart Murmurs	Heart Health System, Calcium Plus, OPC-3
Hemophilia	Vitamin C
Hemorrhoids	OPC-3, Ultimate Aloe Drink, Calcium Plus
Hepatitis C	OPC-3, ORAC, Multi-Vitamin, B-Complex, Ultimate Aloe Drink
Herpes	OPC-3, Vitamin C, Ultimate Aloe Drink, Multi-Vitamin
Hiatal Hernia	OPC-3, Ultimate Aloe Drink
High Blood Pressure	Heart Health System, OPC-3, ORAC, B-Complex, Vitamin D, CoQ-10
High Cholesterol	Heart Health, B-Complex, OPC-3, Vitamin D
Hormone Imbalance	Ultra Prime, Prime Factor, Feminine, B-Complex, OPC-3, Calcium Plus
Hot Flashes	Feminine, Isochrome, B-Complex, OPC-3
Hyperactivity	OPC-3, B-Complex, Multi-Vitamin, Calcium Plus
Hypoglycemia	OPC-3, Level 90, Isochrome, Ultimate Aloe Drink, B-Complex
Hyperkinesias	Calcium Plus
Hypertension	Heart Health System, OPC-3, Vitamin C, B-Complex, CoQ-10
Hyperthyroidism	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC
Immune System	OPC-3, ORAC, Ultimate Aloe Drink, B-Complex, Complete Greens, Vitamin C
Impotency	Ultra Prime, Prime Factor, MPC, OPC-3, ORAC
Indigestion	Ultimate Aloe Drink, Digestive Enzymes, Calcium Plus, Complete Greens
Infection	Ultimate Aloe Drink, OPC-3, Vitamin C, Vitamin D
Insomnia	Prime Dreamz, Calcium Plus, Prime Factor, Ultra Prime
Iron Deficiency	OPC-3, Multi-Vitamin with iron, Calcium Plus
Jaundice	OPC-3, Vitamin C
Joint Pain	OPC-3, Calcium Plus, Glucosatrin, Ultimate Aloe Drink
Kidneys	OPC-3, Ultimate Aloe Drink(cran-apple), Calcium Plus
Kidney Stones	OPC-3, Ultimate Aloe Drink (cran-apple), Calcium Plus, B-Complex (avoid too much Vitamin C)
Knee Pain	OPC-3, Multi-Vitamin, Calcium Plus, B-Complex, Vitamin D, Glucosatrin
Lactose Intolerance	OPC-3, Ultimate Aloe Drink
Laryngitis	OPC-3, Ultimate Aloe Drink

Leg Cramps	OPC-3, Calcium Plus, B-Complex
Liver	OPC-3, Ultimate Aloe Drink, Nutri-Clean
Leukemia	OPC-3, ORAC, Ultimate Aloe Drink, Vitamin C
Lou Gehrig's Disease	OPC-3, ORAC, Ultimate Aloe Drink, Vitamin C, Vitamin D
Low Blood Pressure	Heart Health, Isochrome, OPC-3, CoQ-10
Low Blood Sugar	Level 90, Isochrome, OPC-3, B-Complex
Lupus	OPC-3, Isochrome, Ultimate Aloe Drink, Calcium Plus, B-Complex, Vitamin D
Lyme's Disease	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC, CoQ-10
Macular Degeneration	Vision Formula, OPC-3, Vitamin C
Malnutrition	Complete greens, Multi-Vitamin, Transitions Drink, B-Complex
Memory Loss	OPC-3, B-Complex, Vitamin D, Cognitin
Meningitis	Vitamin C
Menopause	Feminine, OPC-3, B-Complex, Calcium Pus
Menstrual Problems	OPC-3, Calcium Plus, B-complex, Feminine
Migraines	B-Complex, OPC-3, Calcium Plus
Mononucleosis	OPC-3, Vitamin C, Isochrome
Morning Sickness	B-Complex, OPC-3, Ultimate Aloe Drink
Multiple Sclerosis	OPC-3, Ultimate Aloe Drink, B-Complex, Multi-vitamin, Calcium Plus, Vitamin D
Muscular Dystrophy	OPC-3, Isochrome, Multi-Vitamin, Vitamin C
Nails	OPC-3, Calcium Plus
Narcolepsy	OPC-3, CoQ-10, Calcium Plus, Multi-Vitamin
Nausea	Ultimate Aloe Drink, OPC-3, Digestive Enzymes
Nephritis	OPC-3, B-Complex
Nerves	Calcium Plus, B-Complex, OPC-3
Neuropathy	B-Complex, OPC-3
Numbness	B-Complex, OPC-3
Obesity	Transitions, Isochrome, Thermochrome w hoodia, Mochatonix
Osteoarthritis	OPC-3, Calcium Plus, Vitamin D, B-Complex
Osteoporosis	Calcium Plus, OPC-3, Vitamin C, Vitamin D, Multi-Vitamin
Ovarian Cysts	OPC-3, B-Complex, Vitamin D, ORAC
Panic Attacks	OPC-3, B-Complex, Vitamin D
Pancreas	OPC-3, Isochrome
Parkinson's Disease	OPC-3, B-Complex, CoQ-10, vitamin C, Curcumin, ORAC, Calcium Plus
Phlebitis	OPC-3, Isochrome, Calcium Plus, Ultimate Aloe Drink, Vitamin C
PMS	OPC-3, B-Complex, Calcium Plus, Feminine
Pneumonia	Ultimate Aloe Drink, OPC-3, Vitamin C, ORAC
Polycystic Ovarian	OPC-3, ORAC, B-Complex, Feminine
Syndrome	
Prostate	MPC, OPC-3, Multi-Vitamin
Psoriasis	Ultimate Aloe Drink, Complete Greens, Digestive Enzymes, Calcium Plus, B-Complex, Vitamin D
Rashes	OPC-3, Ultimate Aloe Drink, Ultimate Aloe Gel
Restless Leg Syndrome	OPC-3, Calcium Plus, B-Complex, Vitamin D
Reynaud's Disease	Ultimate Aloe Drink, OPC-3, B-Complex, CoQ-10, Calcium Plus Vitamin D
Rheumatism	OPC-3, Ultimate Aloe Drink, B-Complex, vitamin C, ORAC, Vitamin D
Rickets	Vitamin C, B-Complex, Calcium Plus
Roseacea	OPC-3, Multi-Vitamin, Ultimate Aloe

Rotator Cuff	OPC-3, Glucosatrin
Scleroderma	OPC-3, Vitamin C, CoQ-10, Multi-Vitamin
Scoliosis	OPC-3, Calcium Plus, B-Complex, Vitamin D
Seizures	OPC-3, B-Complex, Vitamin C, Vitamin D, ORAC
Sex Drive	Ultra Prime, Prime Factor, OPC-3, Prime Time
Shingles	OPC-3, Calcium Plus, B-Complex, ORAC, Vitamin C, Ultimate Aloe Drink
Sickle Cell Anemia	OPC-3, ORAC, B-Complex
Sinusitis	OPC-3, Ultimate Aloe Drink, B-Complex, ORAC, Vitamin C
Smoking	OPC-3, B-Complex, Vitamin C, ORAC
Sore Throat	OPC-3, Ultimate Aloe Drink
Stress	OPC-3, B-Complex, Vitamin D, Calcium Plus, Transitions ACTS
Stroke	OPC-3, Heart Health System, ORAC, Multi-Vitamin
Tendonitis	OPC-3, Calcium Plus, Glucosatrin, B-Complex
Thyroid	OPC-3, Ultimate Aloe Drink, B-Complex, Vitamin C, Vitamin D, ORAC
Tinnitus	OPC-3, B-Complex, Multi-Vitamin, Vitamin C
TMJ	OPC-3, B-Complex
Tumors	Ultimate Aloe Drink, OPC-3, ORAC, Vitamin C
Ulcers	Ultimate Aloe Drink, Complete Greens, Digestive Enzymes
Urinary Problems	OPC-3, Ultimate Aloe Drink, Digestive Enzymes
Varicose Veins	OPC-3, Isochrome, Ultimate Aloe Drink, Calcium Plus, Vitamin C
Vertigo	OPC-3, Vitamin C
Warts	OPC-3, Vitamin C, Ultimate Aloe Drink
Wounds	OPC-3, Vitamin C, Ultimate Aloe Drink
Yeast Infection	Ultimate Aloe Drink, OPC-3, B-Complex, Vitamin C
Yellow Jaundice	OPC-3, Isochrome, Ultimate Aloe

Type of Medication	Common Examples	Possible Nutrients Depleted or Needed as a Result of Medication Side Effects
Blood Pressure Lowering Medications	Diuretics: such as furosemide and lasix	Vitamins B1, B6, C, Magnesium, Calcium, Potassium, Zinc, Sodium
	Thiazides (HCT)	Magnesium, Potassium, Coenzyme Q10, Sodium
	Beta Blockers	Coenzyme Q10, Melatonin
Cholesterol Lowering Medications	Statins: such as Zocor, Lipitor, Crestor	Coenzyme Q10 and possibly vitamin D
	Fibrates	Vitamins B12, B6, B2, Folate
	Colestid, Questran	Vitamins A, D, E, K, Beta Carotene, B-12, Folate, Iron
Diabetes Medications	Glucophage and Metformin	Vitamin B-12, folic acid, and CoQ10
Pain/Anti-Inflammatory Medications	Aspirin	Vitamin C, Potassium, Folic acid, Iron, vitamin B-12
	NSAIDS: Motrin, Naprosyn, Lodine	Folic acid
	Steroids: for pain, asthma, skin conditions, etc.	Vitamin C, D, Folic acid, Calcium, Magnesium, Zinc, Potassium
Heartburn or Reflux Medications	Prilosec, Prevacid, Aciphex, Nexium, Protonix	Vitamin B-12, Beta Carotene, Protein
	Zantac, Axid, Pepcid, Tagamet	Vitamin D, B-12, Folic Acid, Calcium, Iron, Zinc, Protein
Hormone Replacement Medications	Oral Contraceptives: Premarin, Yasmin, as well as estrogen containing Menopausal medications	Vitamins B2, B3, B6, B-12, C, Folic Acid, Magnesium, Zinc, Selenium

# FOOD CRAVINGS

YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE	MAGNESIUM	Nuts, seeds, veggies & fruits
SUGARY FOODS	CHROMIUM	Broccoli, grapes, cheese, chick
	CARBON	Fresh fruits
	PHOSPHORUS	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN	Cheese, raisins, sweet potatoe spinach
BREAD, PASTA & OTHER CARBS	NITROGEN	High protein foods: meat, fatt fish, nuts, beans, chia seeds
OILY FOODS	CALCIUM	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE	Fatty fish, goat milk
	SILICON	Cashews, nuts, seeds