



Micronutrients.

KEYS TO HEALTH.

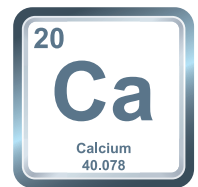
Magnesium

Magnesium is a mineral that is important for sleep, proper muscle function, and energy production. Magnesium is lost when we sweat. Natural sources of magnesium are salmon, tofu, chia seeds, black beans, bananas, and quinoa. Your body can also absorb magnesium when soaking in Epsom salt.



Calcium

We all know that calcium is important for strong bones. Did you know that calcium also maintains strong teeth, aids in blood clotting, supports nerve transmission, and is important to maintain heart rhythms? Calcium is in dairy products, green leafy vegetables, and canned sardines and salmon with bones.



Vitamin B12

When we think of the B complex vitamins, we should think of nerve function. B12 helps convert food into energy in the body. It is also important for red blood cell production. Fatigue is the most common symptom of low B12. Fish, meat, eggs, and dairy products are the most common food sources of B12.



Coenzyme Q10

Coenzyme Q10 is an antioxidant that helps cells produce energy. It is important to talk to your doctor before supplementing because it can interact with medication. Natural sources of CoQ10 include organ meats, fatty fish, legumes, and nuts.



Vitamin D

With our liberal use of sunscreen and minimal time outdoors, most Americans are low in Vitamin D. It's important to combat depression. It regulates our parathyroid which is critical to support function of the nerves, muscles and bones. D is also necessary for Calcium absorption. Low Vitamin D can increase pain, cardiovascular disease, and a poor immune response. In addition to the sun, we can also get Vitamin D from fatty fish (mackerel and salmon), beef liver, and egg yolks!

