

## 2 Vita Lea tablets

400 mcg folic acid in 3 cups almonds, 120 mg vitamin C in 1 nectarine, 1 orange, & 1 grapefruit, 2 mg Copper in 8 tomatoes, 450 mg calcium in 2 cups raw milk, 2 mg vitamin B6 in 2 cups brown rice, 60 IU vitamin E in 4 cups raw wheat germ, 14 mg iron in 6 cups beets & 5 cups spinach, 2 mg Manganese in 2 cups buckwheat, 200 mg magnesium in 3 cups raspberries, 15 mg zinc in  $\frac{3}{4}$  lb. crab, 5000 IU vitamin A in 9 eggs, 300 mcg biotin in  $\frac{3}{4}$  lb. liver.

**PLUS:** 400 IU Vitamin D, 1.5 mg Vitamin B1, 1.7 mg Vitamin B2, 6 mcg Vitamin B12, 20 mg Niacinamide, 10 mg d-Pantothenic Acid, 350 mg Phosphorus, 150 mcg Iodine, 120 mcg chromium, 30 mcg molybdenum, 70 mcg selenium



## The nutrients in all this other food plus more.


Info taken from the Nutrition Almanac