



Basic Foundation™

For A Healthy Life No Matter What Your Fitness Level Is.



Supply of **Daily Essentials** along with **Rx Oils Fish or Flax**






MICRONUTRIENTS

Vitamins & Minerals

1. Needed for Life!
2. NO GAPS





MICRONUTRIENTS

WATER SOLUBLE VITAMINS

- B Vitamins (B1, B2, B6, B12)
- Folic Acid (B9)
- Vitamin C

MINERALS


- Calcium
- Magnesium
- Potassium


FAT SOLUBLE VITAMINS

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K

OMEGA-3 FATTY ACIDS

- Sodium
- Iron
- Zinc





VITAMIN A 1000 IU	VITAMIN E 100 IU	CALCIUM 1000 mg	IRON 100 mg	VITAMIN D 1000 IU
VITAMIN K 100 mcg	VITAMIN B1 100 mcg	THIAMIN 100 mg	BIOFLAVIN 100 mg	NIACIN 100 mg
VITAMIN B6 100 mg	FOLATE 100 mcg	VITAMIN B12 100 mcg	BIOFIN 100 mg	PANTOTHENIC ACID 100 mg
PHOSPHORUS 1000 mg	IODINE 100 mcg	MAGNESIUM 100 mg	ZINC 100 mg	SELENIUM 100 mcg
COPPER 100 mcg	MANGANESE 100 mg	CHROMIUM 100 mcg	MOLYBDENUM 100 mcg	POTASSIUM 100 mg




Nutrient Loss



EXERCISE

Mineral Depletion in Soil



FOOD PRODUCTION

U.S. FOOD CONSUMPTION AS A % OF CALORIES



FOOD PREPARATION