

Mini 18-24 In Training

Ingredients

	kelp	flaxseed	grape seed	hawthorn	meadowsweet	milk thistle	nettle	cleavers	celery	gotu kola	dandelion	garlic	oat straw	siberian ginseng
calcium	x	x		x	x	x	x	x	x	x	x	x	x	x
copper	x							x	x		x	x		
iodine	x							x				x		
iron	x	x		x		x	x		x	x	x	x	x	x
magnesium	x	x		x		x	x		x	x	x	x	x	x
manganese	x			x		x	x		x	x	x	x	x	x
phopshorus	x	x		x	x	x	x		x	x	x	x	x	x
potassium	x	x		x	x	x	x		x	x	x	x	x	x
selenium	x			x		x	x		x	x	x	x	x	x
sulphur	x	x			x		x					x		
zinc	x			x		x	x		x	x	x	x	x	x
silicon	x			x		x	x	x	x	x	x	x	x	x
sodium	x	x		x		x	x		x	x	x	x	x	x
chromium	x			x		x	x		x	x	x	x	x	x
cobalt				x		x	x		x	x	x	x	x	x
chloride														
Vitamins														
vit. A	x			x		x	x		x	x	x	x	x	x
vit. B	x						x				x	x	x	
vit. B12	x													
vit. C	x	x		x	x	x	x		x	x	x	x	x	x
vit. D	x						x				x			
vit. E	x	x	x						x		x	x	x	
vit. K		x					x				x		x	
thiamine - B1	x	x		x		x	x		x	x	x	x	x	x
riboflavin - B2	x	x		x		x	x		x	x	x	x	x	x
niacin -B3	x	x		x		x	x		x	x	x	x	x	x
pantothenic -B5		x					x				x	x		
pyridoxine - B6		x							x		x	x	x	
Folic - B9		x							x		x	x		
biotin - B7		x												
choline - carotenoid		x							x		x	x		

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xanthophyl -carotenoid		x												
lutein -carotenoid														
zeaxanthin -carotenoid														
Protein	x	x		x		x	x		x	x	x	x	x	x
Amino Acids		x												
arginine	x	x										x		
lysine	x	x										x		
methionine		x										x		
cysteine	x	x										x		
tryptophan		x										x		
glycine	x	x										x		
histidine	x	x										x		
leucine	x	x										x		
isoleucine	x	x										x		
phenylalanine	x	x										x		
phenyl+tyr												x		
Threonine	x	x										x		
valine	x	x										x		
tyrosine	x	x										x		
serine	x	x										x		
carotene		x									x			
Fatty Acids														
linoleic - 6		x	x						x					
linolenic - 3		x	x						x					
oleic - 9		x												
Antioxidents			x			x					x	x		
Amino Acids														
proline	x													
alanine	x													
aspartic acid	x													
glutamic acid	x													