

ESSENTIAL AMINO ACIDS	ESSENTIAL VITAMINS	ESSENTIAL FATTY ACIDS
Alanine	Vitamin A	Omega III
Arginine	Vitamin B6	Omega VI
Aspartic acid	Vitamin B12	Omega VIII
Cystine	Vitamin D3	
Glutamic acid	Pantothenic acid	
Glycine	Folic Acid	
Histidine	Niacin	
Isoleucine	Roboflavin	
Leucine	Thiamin	
Lysine	Vitamin K	
Methionine	Vitamin E	
Phenylalanine proline	Vitamin C	
Serine		
Theronine		
Tyrosine		
Valine		

ESSENTIAL MINERALS - *Note that only sixty of the 74 minerals listed have been proven to be "essential" to human health.*

Aluminum	Hafnium	Rhodium
Antimony	Holmium	Rubidium
Arsenic	Indium	Ruthenium
Barium	Iodine	Samarium
Beryllium	Iridium	Scandium
Bismuth	Iron	Selenium
Boron	Lanthanum	Silicon
Bromine	Lead	Silver
Cadmium	Lithium	Sodium
Calcium	Lutetium	Strontium
Carbon	Magnesium	Sulfur
Cerium	Manganese	Tantalum
Cesium	Mercury	Tellurium
Chlorine	Molybdenum	Terbium
Chromium	Neodymium	Thallium
Cobalt	Nickel	Thorium
Copper	Niobium	Thulium
Dysprosium	Nitrogen (kjeldahl)	Tin
Erbium	Osmium	Titanium
Europium	Palladium	Tungsten
Fluoride	Phosphorus	Vanadium
Gadolinium	Platinum	Ytterbium
Gallium	Potassium	Zinc
Germanium	Praseodymium	Zirconium
Gold	Rhenium	