

# Nutrient Function & Deficiency Symptoms

Source: DOC 303FIA, SpectraCell Laboratories (with Majestic Minerals notations added)

NUTRIENT	POTENTIAL	WHAT IT DOES	WHERE IT'S FOUND	SYMPTOMS & PROBLEMS
<b>Vitamin B1</b> (Thiamin)	VERY COMMON	Carb. Conversion, breaks down fats & protein, digestion, nervous system, skin, hair, eyes, mouth, liver, immune system	Pork, organ meats, whole grain and enriched cereals, brown rice, wheat germ, bran, brewer's yeast, blackstrap molasses, <b>MAJESTIC EARTH ULTIMATE TANGY</b>	Heart, age-related cognitive decline, Alzheimer's, fatigue
<b>Vitamin B2</b> (Riboflavin)	VERY COMMON	Metabolism, Carb. Conversion, breaks down fat & protein, digestion, nervous system, skin, hair, eyes, mouth, liver	Brewer's yeast, almonds, organ meats, whole grains, wheat germ, mushrooms, soy, dairy, eggs, green vegetables, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Anemia, decreased free radical protection, cataracts, poor thyroid function, B6 deficiency, fatigue, elevated homocysteine
<b>Vitamin B3</b> (Niacin)	LESS COMMON	Energy, digestion, nervous system, skin, hair, eyes, liver, eliminates toxins, sex/stress hormones, improves circulation	Beets, brewer's yeast, meat, poultry, organ meats, fish, seeds and nuts. <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Cracking, scaling skin, digestive problems, confusion, anxiety, fatigue
<b>Vitamin B6</b> (Pyroxidine)	COMMON	Enzyme protein metabolism, RBC production, reduces homocysteine, nerve & muscle cells, DNA/RNA, B12 absorption, immune function	Poultry, tuna, salmon, shrimp, beef liver, lentils, soybeans, seeds, nuts, avocados, bananas, carrots, brown rice, bran, wheat germ, whole grain flour, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY, ULTIMATE OSTEOMAG</b>	Depression, sleep and skin problems, elevated homocysteine, increase heart disease risk
<b>Vitamin B12</b> (Cobalamin)	VERY COMMON	Healthy nerve cells, DNA/RNA, red blood cell production, iron function	Fish, meat, poultry, eggs, milk, and milk products, <b>MAJESTIC EARTH ULTIMATE TANGY, ULTIMATE OSTEOMAG</b>	Anemia, fatigue, constipation, loss of appetite/weight, numbness and tingling in the hands and feet, depression, dementia, poor memory, oral soreness
<b>Vitamin B7</b> (Biotin)	LESS COMMON	Carbs, fat, and amino acid metabolism (the building blocks of protein)	Salmon, meats, vegetables, grains, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ, <b>MAJESTIC EARTH ULTIMATE TANGY, ULTIMATE OSTEOMAG</b>	Depression, nervous system, premature graying, hair, skin
<b>Vitamin B9</b> (Folate & Folic Acid)	VERY COMMON	Mental health, infant DNA/RNA, adolescence & pregnancy, with B12 to regulate RBC production, iron function, reduce homocysteine	Supplementation, fortified grains, tomato juice, green vegetables, black-eyed peas, lentils, beans, <b>ULTIMATE OSTEOMAG CAPS</b>	Anemia, immune function, fatigue, insomnia, hair, high homocysteine, heart disease
<b>Vitamin B5</b> (Pantothenate & Panthothenic Acid)	LESS COMMON	RBC production, sex and stress-related hormones, immune function, healthy digestion, helps use other vitamins	Meat, vegetables, whole grains, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ, salmon, <b>ULTIMATE OSTEOMAG</b>	Stress tolerance, wound healing, skin problems, fatigue
<b>Vitamin A</b>	LESS COMMON	Eyes, immune function, skin, essential cell growth and development	Milk, eggs, liver, fortified cereals, orange or green vegetables and fruit, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY, MEMORY FX</b>	Night blindness, immune function, zinc deficiency, fat malabsorption
<b>Vitamin D</b>	VERY COMMON	Calcium and phosphorus levels, calcium absorption, bone mineralization	Sunlight, milk, egg yolk, liver, fish, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Osteoporosis, calcium absorption, thyroid
<b>Alpha Lipoic Acid</b>	COMMON	Energy, blood flow to nerves, glutathione levels in brain, insulin sensitivity, effectiveness of Vitamins C&E, antioxidants	Supplementation, spinach, broccoli, beef, brewer's yeast, some organ meats	Diabetic neuropathy, reduced muscle mass, atherosclerosis, Alzheimer's, failure to thrive, brain atrophy, high lactic acid

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<b>Vitamin E</b>	VERY COMMON	Antioxidant, regulates oxidation reactions, stabilizes cell membrane, immune function, protects against cardiovascular disease, cataracts, macular degeneration	Wheat germ, liver, eggs, nuts, seeds, cold-pressed vegetable oils, dark leafy greens, sweet potatoes, avocados, asparagus, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Skin, hair, rupturing of red blood cells, anemia, bruising, PMS, hot flashes, eczema, psoriasis, cataracts, wound healing, muscle weakness, sterility
<b>Calcium (mineral)</b>	VERY COMMON	Bones, teeth, helps heart, nerves, muscles, body systems work properly, needs other nutrients to function	Dairy, wheat/soy flour, molasses, brewer's yeast, Brazil nuts, broccoli, cabbage, dark leafy greens, hazelnuts, oysters, sardines, canned salmon, <b>MAJESTIC EARTH ULTIMATE TANGY, CALCIUM CAPS</b>	Osteoporosis, osteomalacia, osteoarthritis, muscle cramps, irritability, acute anxiety, colon cancer risk
<b>Chromium (mineral)</b>	COMMON	Assists insulin function, increased fertility, carbohydrate/fat metabolism, essential for fetal growth/development	Supplementation, brewer's yeast, whole grains, seafood, green beans, broccoli, prunes, nuts, potatoes, meat, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Metabolic syndrome, insulin resistance decreased fertility
<b>Magnesium (mineral)</b>	VERY COMMON	300 biochemical reactions, muscle/nerve function, heart rhythm, immune system, strong bones, regulates calcium, copper, zinc, potassium, Vitamin D	Green vegetables, beans & peas, nuts and seeds, whole unprocessed grains, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY, ULTIMATE OSTEOMAG</b>	Appetite, nausea, vomiting, fatigue, cramps, numbness, tingling, seizures, heart spasm, personality changes, heart rhythm
<b>Selenium (mineral)</b>	COMMON	Antioxidant, works with Vitamin E, immune function, prostaglandin production	Brewer's yeast, wheat germ, liver, butter, cold water fish, shellfish, garlic, whole grains, sunflower seeds, Brazil nuts, <b>MAJESTIC EARTH ULTIMATE TANGY, ULTIMATE SELENIUM CAPS</b>	Destruction to heart and pancreas, sore muscles, fragility of red blood cells, immune system
<b>Zinc (mineral)</b>	MOST COMMON	Supports enzymes, immune system, sound healing, taste/smell, DNA Synthesis, normal growth & development during pregnancy, childhood, adolescence	Oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified breakfast cereals, and dairy, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY</b>	Growth retardation, hair loss, diarrhea, impotence, eye & skin lesions, loss of appetite, taste, weight loss, wound healing, mental lethargy
<b>CoQ10</b>	COMMON	Powerful Antioxidant, stops oxidation of LDL cholesterol, energy production, important to heart, liver, and kidneys	Oily fish, organ meats, and whole grains, <b>MAJESTIC EARTH ULTIMATE &amp; TANGY, CARDIO FX</b>	Congestive heart failure, high blood pressure, angina, mitral valve prolapse, fatigue, gingivitis, immune system stroke, cardiac arrhythmias
<b>Carnitine</b>	LESS COMMON	Energy, heart function, oxidize amino acids for energy, metabolize ketones	Red meat, dairy, fish, poultry, tempeh (fermented soybeans), wheat, asparagus, avocados, peanut butter, <b>CARDIO FX</b>	Elevated cholesterol, liver function, muscle weakness, reduced energy, impaired glucose control
<b>N-Acetyl Cystein (NAC) &amp; Glutathione</b>	MOST COMMON	Glutathione production, lowers homocysteine, Lp(a), heal lungs, inflammation, decrease muscle fatigue, liver detoxification, immune function	Meats, ricotta, cottage cheese, yogurt, wheat germ, granola, and oat flakes, <b>CARDIO FX</b>	Free radical overload, elevated homocysteine, cancer risk, cataracts, macular degeneration, immune function, toxin elimination