

Food and Herbal Sources of Vitamins and Minerals

Vitamin A	Vitamin B complex	Vitamin B1	Vitamin B2	Vitamin B3
Eyebright	Alfalfa	Burdock	Catnip	Cayenne
Elder	Cascara segrada	Catnip	Cayenne	Catnip
Flax Seeds	Celery	Cayenne	Dandelion	Ginger
Comfrey	Elder	Dandelion	Garlic	Licorice
Alfalfa	Goldenseal	Fenugreek	Licorice	Hawthorne
Black Cohosh	Pumpkin Seeds	Garlic	Mullein	Red Clover
Catnip	Horehound	Ginseng	Red Clover	Red Raspberry
Cayenne	Thyme	Licorice		rose
Celery		Oatstraw		
Chamomile		Red Clover		
Dandelion		Raspberry		
Dong Quai				
Echinacea				
Vitamin B6	Vitamin B12	Vitamin C		Vitamin D
Burdock	Burdock	Garlic	Elder	Alfalfa
Catnip	Catnip	Comfrey	Cranberry	Chickweed
Cayenne	Chickweed	Alfalfa	Green Tea	Eyebright
Chickweed	Dandelion	Rose	Fennel	Fenugreek
Dandelion	Dong Quai	Barberry	Horehound	Oatstraw
Fenugreek	Eyebright	Nettle	Yerbe Mate'	Mullein
Licorice	Fenugreek	Cayenne	Echinacea	Sarsaparilla
Red Clover	Ginseng	Celery	Peppermint	Thyme
	Mullein	Chickweed		Red Raspberry
	Red Clover	Dandelion		Rose
	White Oak	Parsley		
Vitamin E	Vitamin K	Biotin	Choline	Folic Acid
Alfalfa	Alfalfa	Catnip	Astragalus	Catnip
Flax Seeds	Gota Kola	Chickweed	Catnip	Cayenne
Ginseng	Corn silk	Dandelion	Chickweed	Fenugreek
Blue Cohosh	Slippery Elm	Fenugreek	Ginger	Ginger
Goldenseal		Goldenseal	Goldenseal	Licorice
Burdock		Red Clover	Licorice	Red Clover
Licorice			Mullein	
Dandelion			Red Clover	
Oatstraw				
Dong Quai				
Papaya				
Echinacea				
Horehound				
Comfrey				
Skullcap				
Rose				
Eyebright				
Yerba Mate				

Inositol

Goldenseal
 Cascara Segrada
 Chickweed
 Catnip
 Fenugreek
 Ginger
 Red Clover

PABA

Cayenne
 Catnip
 Chickweed
 Dandelion
 Eyebright
 Ginger
 Goldenseal
 Licorice
 Mullein

Calcium

Horsetail
 Irish Moss
 Garlic
 Fennel
 Elder
 Dandelion
 Alfalfa
 Blue Cohosh
 Borage
 Cascara Segrada
 Ginseng
 Goldenseal
 Slippery Elm
 Red Raspberry
 Kelp
 White oak

Magnesium

Hard Cheeses
 Milk
 Leafy Green
 Yogurt
 Valerian
 Red Clover
 Garlic
 Dandelion
 Chamomile
 Alfalfa
 Gotu Kola
 Mullein
 Nettle
 Kelp
 Red Raspberry
 Wood Betony

Sodium

Kelp
 Dandelion
 Gota Kola
 Catnip
 Alfalfa
 Chapparal
 Chickweed
 Horsetail
 Nettle
 Sarsaparilla
 White Oak
 Pickled/salted Food
 Potato Chips
 Canned Fruits
 Breads, Crackers
 Dry Cereals
 Lentils
 Strawberries

Potassium

Horehound
 Red Raspberry
 Goldenseal
 Comfrey
 Chamomile
 Alfalfa
 Blue Cohosh
 Borage
 Cascara Segrada
 Parsley
 Yarrow
 Kelp
 Cocoa
 Bran Flakes
 Cabbage
 Spinach
 Molasses
 Peas
 Bananas

Copper

Sarsaparilla
 Alfalfa
 Burdock
 Liver, organ meats
 Nuts
 Shellfish, seafoods
 Asparagus
 Raisons, apples
 Broccoli

Zinc

Echinacea
 Garlic
 Dandelion
 Chapparal
 Cayenne
 Alfalfa
 Burdock
 Horsetail
 Sarsaparilla
 Rose
 Red Clover
 Pumpkin Seeds
 Shellfish, seafood
 Nuts, Seeds
 Green Leafy veg.
 Liver
 Cheese

Iron

Sarsaparilla
 Garlic
 Skullcap
 Ginseng
 Goldenseal
 Dandelion
 Chamomile
 Celery
 Alfalfa
 Bilberry
 Burdock
 Fenugreek
 Irish Moss
 Nettle
 White Oak
 Yerba Mate'
 Yellow Dock
 Parsley
 Horehound
 Kelp
 Red Raspberry
 Thyme
 Liver
 Organ Meats
 Molasses
 Dark green veg.
 Meats

Manganese

Bilbery
 Burdock
 Cascara Segrada
 Catnip
 Chamomile
 Garlic
 Ginger
 Red Raspberry
 Parsley
 Sarsaparilla
 Red Clover
 Yellow Dock
 Wood Betony
 Wheat Germ, bran
 Nuts, seeds
 Beets, turnip greens
 Green leafy vegetables
 Unrefined cereals
 Avocados