

90 DAY OPTIMIZE WELLNESS FOODS

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Vitamin B3	Beets, brewer's yeast, turkey, chicken, salmon, swordfish, tuna, sunflower seeds, peanuts, brown rice, almonds
Vitamin B1	Green peas, spinach, nuts, pinto beans, soybeans, brown rice, egg yolks, fish, legumes, poultry, rice bran, wheat germ, whole grains, asparagus, brewer's yeast, broccoli, Brussels sprouts, kelp, oatmeal, plums, raisins, spirulina, watercress
Vitamin B9	Black eyed peas, lentils, chick peas, lima beans, spinach, asparagus, lettuce, pak choi, collard greens, avocado, broccoli, mango, oranges, pomegranate
Vitamin K1	Brussels sprouts, broccoli, kale, cauliflower, spinach, loose leaf lettuce, carrot, green beans, asparagus, egg, strawberry, avocado, soybean oil, olive oil
Carotenoids	Sweet potatoes, carrots, tomato juice, cantaloupe, apricots, spinach, broccoli, parsley, lemon, cabbage
Alpha Lipoic Acid	Spinach, broccoli, sweet potatoes, potatoes, yeast, tomatoes, peas, brussels sprouts, carrots, beets, and rice bran
Selenium	Grains, brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, kelp, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains, alfalfa, burdock root, cayenne, chamomile, fennel seed, nettle, parsley, butter, shiitake mushrooms, herring, turkey, peppermint
Polyphenols	Fruit, tea, red wine, green apples, apricots, blackberries, cranberries, mangoes, cloves, star anise, blackrurrant, capers, black olives, dark chocolate
Proline	Spirulina, cheese, rye, wheat germ, chicken, lamb, beef, dairy products, eggs
Tryptophan	Egg, spirulina, cod, salmon, cheese, soya beans, pork, turkey, chicken, beef, lamb, oats, white rice
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cacao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Serine	Meats, dairy products, Spirulina, lentil, kidney beans, mung beans, tuna, chicken, beef, cheese, wheat gluten, peanuts, soy

If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for Environmental Challenges and Resistance Indicators support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.