**Micro-Nutrients**

(vitamins and minerals)

Micronutrients – vitamins and minerals can help to prevent disease and illness; increase energy help with faster, better recovery; and even prevent damage to DNA!

Many of our foods are highly processed and grown artificially and/or in heavily treated soils or from animals that are not free range/grass fed so we are missing out on a lot of micronutrients. Some ways to off-set this is to buy grass-fed meats; free range chicken/eggs; wild-caught cold-water fish.

Many, many of us are deficient in many, many vitamins and minerals. It is incredibly difficult and in some cases, basically impossible, to get what we need without supplementation. One of the best ways to make sure they’re all covered is to take a good, high quality micronutrient packet (much more than just a multi-vitamin) every day.

I take MicroFactor as part of my daily essential stack: <https://1stphorm.com/products/the-essential-stack/?a_aid=Ami>

Just Micro Factor:

**!! If you’re not great with pills, there is a POWDER version:**

[**https://1stphorm.com/products/micro-factor-powder/?a\_aid=ami**](https://1stphorm.com/products/micro-factor-powder/?a_aid=ami)

MFactor Men/Women are also a wonderful option: <https://1stphorm.com/collections/multivitamin>

Here, I have listed out some of the most important, why, and where you can get them in your diet (hopefully); again, these foods SHOULD have these nutrients but the way we farm and process doesn’t guarantee it.

 !! When we say, eat more leafy greens/vegetables, fruits, and higher quality meats…this is a big reason why. As you’ll notice, that would help increase the intake of all of these !!

Note: Heavier people as well as those with their gull bladder removed will have a harder time with fat soluble vitamins (A,D,E,K) so definitely need to eat with them and would want to spread their intake out over the whole day.

Minerals

“Macro Minerals” (7) – need 1g or more/day

Calcium – Support for your bones; heart, muscles, and nerves. Dairy, leafy greens, yogurt, sardines, whey protein.

Phosphorus

Potassium – Supports overall function, heart; muscle contraction and relaxation; great for muscle cramps; bananas, oranges, cantaloupe, honeydew, apricots, grapefruit, cooked spinach, cooked broccoli, potatoes, sweet potatoes, mushrooms, peas, cucumbers.

Chloride

Sulfur (no one cares)

Magnesium (favorite! Sooo good for you!) – Essential for energy production; supports cardiac function; most is found in our bone; helps muscle relax and contract – SUPER important for weight training, heart muscle action, and skeletal muscle; great for all kinds of cramps. Greens, nuts, seeds, whole grains.

“Micro minerals” (10) – need 1g or less/day

Iron – to check for iron deficiency: constant fatigue? Shortness of breath? Chew on ice? Brittle nails? Lack of circulation? Could be iron. It is SO common but SO preventable. Eat high quality, grass-fed beef/meats.

Zinc – Important to receptors for testosterone and insulin, helps with digestion, is linked to smell and taste; immune function.

Copper – transports Iron, antioxidant, need to make collagen which aids in hair and skin. We get it from our food being grown in high quality soil and/or from the soil of the meats that we eat grazed in; this is one reason why grass-fed beef/meats is so much more beneficial.

Iodine

Manganese

Millennium

Selenium (thyroid support) – Very hard to get naturally these days; found in soil and our soil is not great anymore. Necessary for metabolism and thyroid function.

Boron (testosterone linked)

Fluoride

Vanadium

Fun fact: 40% of our mineral weight comes from Calcium – bones, teeth, cardiac function, and muscle contraction ..that last part SUPER important when weight training; needs to be consumed with Vitamin D for proper uptake

Chromium is also helpful for insulin resistance. It enhances the action of insulin.

Vitamins

Must be considered VITAL to at least one bodily function to be called a VITAmin.

There are water soluble (dissolve/uptake in water): B complexes – 2,3,6,12; Thiamin; Folate; Panithatic Acid; Biotin; C

And there are fat soluble (dissolve/uptake in fat): A, D, E, K

A – Eyes!, sight and growth development; Do you have dry eyes, heels, eyes? Could be Vitamin A. Leafy greens. Orange and yellow veggies and fruits; broccoli, spinach; eggs.

D – 70% of people are deficient in this; SO important for mood, inflammation, signs of aging, calcium absorption, bones, immune function, blood pressure; oily fish (salmon/sardines), liver, red meat, egg yolks.

E – Cholesterol; protects cell membrane from free radicals; nuts, seeds, leafy greens.

K – Assists with blood clotting and tissue/bones; with calcium is great; must be ingested; long term antibiotic use can mess with Vit K production; leafy greens, kale, spinach, collard, turnip greens. Parsley, romaine, Brussel sprouts, broccoli, cauliflower, cabbage; fish, liver, meat, eggs.

Bs = energy, weight management, glucose liberation (removing sugars), amino acid (protein) metabolism;

B2 Riboflavin – fat breakdown and making energy;

B3 Niacin – makes cholesterol and fat metabolism; the more active you are, the more you need of this; deficiency can lead to decreased appetite and generalized weakness

B6 – pyridoxine - (the homie!) – glycogen (sugar) breakdown, protein processing, metabolism; effects immunity, energy, and metabolism

B12 – Cyanocobalamin - (the other homie!) – processes energy nutrients; found only in animal products; digestion aid; nervous system support

B9 - Folate – protein/amino acid metabolism; DNA production; heart health; is attached to anemia as is Iron;

B1 - Thiamin – athletes especially need this; energy and metabolism co-factor; brain, nerves, muscle, increases the production of these; (50% is the brain)

B7 - Biotin – hair, skin, nails; assists with glucose during fasts/long exercise; makes fatty acids;

B5 - Panthodic Acid – fatty acid metabolism

Good sources of B vitamins: whole grains, fruits – citrus, avocado, bananas; veggies – broccoli, spinach - (colorful, variety of both!), meat, eggs, seeds and nuts.

C – antioxidant; immunity; anti-histamine (allergies); produces norepinephrine (adrenaline); important for collagen; co-factor for lots of important stuff; Smokers need DOUBLE the amount of Vitamin C as non; Citrus fruits, broccoli, strawberries, brussel sprouts, cantaloupe, kiwi, peppers, potatoes, tomatoes.

Supplements you’ll see around:

Ashwagandha is an ancient medicinal herb with multiple health benefits. It can reduce anxiety and stress, help fight depression, boost fertility and testosterone in men, and even boost brain function.

Spirulina is an algae that is great for digestion and is Extremely High in Many Nutrients; powerful antioxidant and anti-inflammatory properties; can Lower “Bad” LDL and Triglyceride Levels; Protects “Bad” LDL Cholesterol From Oxidation; May Have Anti-Cancer Properties; may Reduce Blood Pressure; Improves Symptoms of Allergic Rhinitis; May Be Effective Against Anemia.