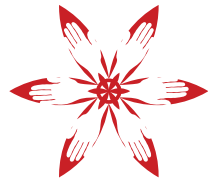


Periodic Table of Vitamins & Minerals



Back to Hands
 Chair Massage on Location
 A Personal Touch in a Professional World
www.backtohands.com

100-200 mg **a**
 Carnosine
Cr

90 mg **V**
 Vitmain C
C

1000 mg **a**
 Superoxide Dismutase
Sd

8-11 mg **m**
 Zinc
Zn

1800 mg **a**
 Acetylcysteine
Ay

N/A **V**
 Alpha Carotene
Ac

500 mg **a**
 Taurine
Ta

6,5 mg **a**
 Lycopene
Ly

N/A **V**
 Paba
Pb

N/A **a**
 Gluthathione
Gt

15 mcg **V**
 Vitamin D
D

200 mg **m**
 Magnesium
Mg

900 mcg **m**
 Copper
Cu

500 mg **V**
 Choline
Ch

1,4 mg **V**
 Vitamin B1
B1

1,3 mg **V**
 Vitamin B2
B2

200 mg **a**
 Genistein
Ge

900 mcg **V**
 Vitamin A
A

2-15 mg **a**
 Glutamine
Gu

1-2 mg **a**
 Lutein
Lu

N/A **m**
 Boron
Bo

120 mcg **m**
 Iron
Fe

N/A **a**
 Coenzym Q10
Q10

5 mg **V**
 Vitamin B5
B5

16 mg **V**
 Vitamin B3
B3

N/A **a**
 Germanium
Gm

N/A **V**
 Vitamin B7
B7

500 mg **a**
 Curcumin
Cc

1-10 mg **a**
 Zeaxanthin
Ze

1000 mg **m**
 Calcium
Ca

1,5 mg **V**
 Vitamin B6
B6

120 mcg **V**
 Vitamin B12
B12

120 mcg **V**
 Vitamin K
K

6 mg **V**
 Beta Carotene
Bc

N/A **a**
 Cryptoxanthin
Cy

N/A **a**
 Catalase
Ct

200 mg **a**
 Alpha Lipoic Acid
Ap

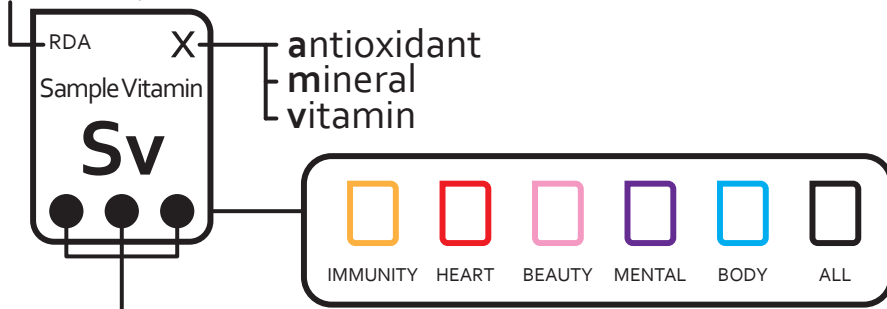
350 mg **m**
 Manganese
Mn

55 mcg **m**
 Selenium
Se

15 mg **V**
 Vitmain E
E

400 mcg **V**
 Vitmain B9
B9

Recommended Daily Allowance



Found in

