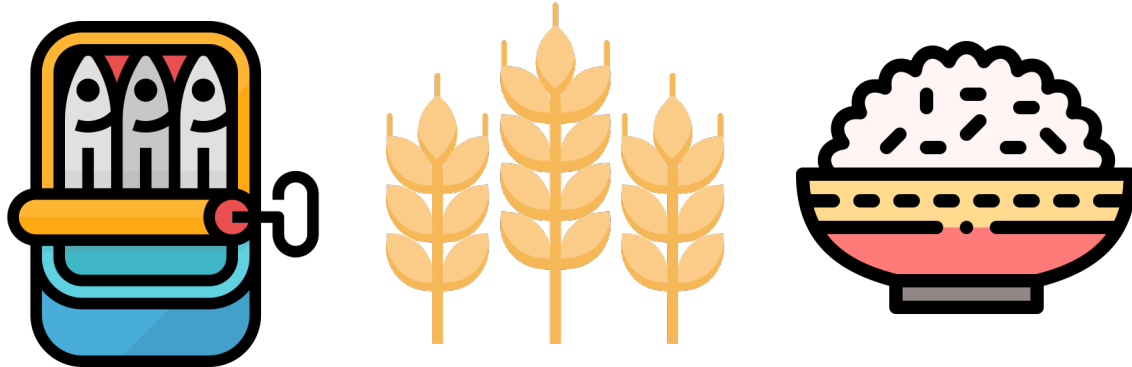


# WHOLE FOOD SOURCES OF COMMON SUPPLEMENTS

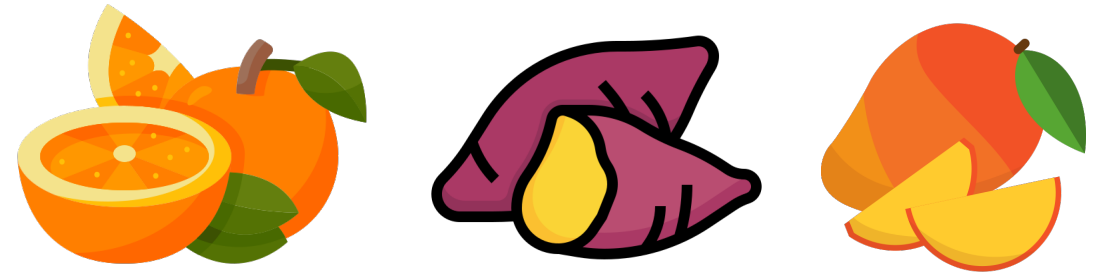
The best way to get most of the vitamins, minerals and other nutrients you need is through your diet. As you choose to eat healthy foods, you'll soon see and feel the benefits — like increased energy, clearer thinking, and better looking skin. To get the supplements you need, look for the food sources below.

## Supplement Natural Sources

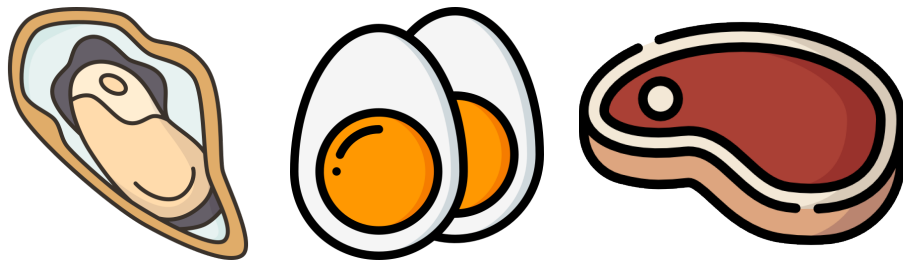
**Selenium:** Sardines, yeast, wheat germ, rice and other whole grains



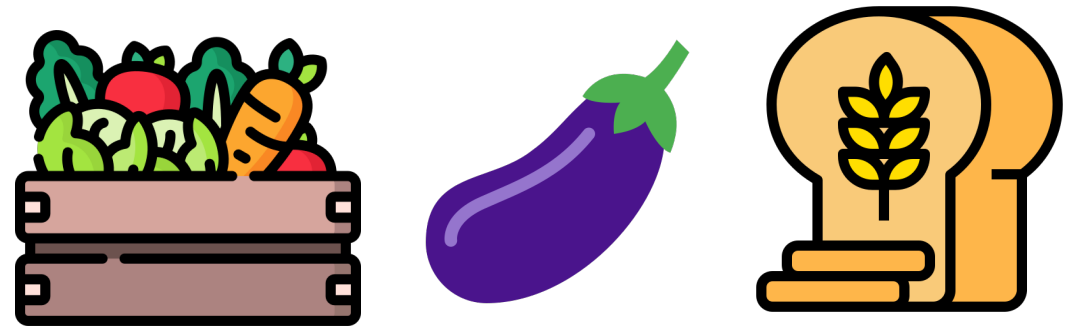
**Vitamin A & Beta-Carotene:** Yellow and orange fruits and vegetables, egg yolk



**Zinc:** Oysters, meat, eggs, whole grains, pumpkin seeds



**Vitamin B:** Whole grains, vegetables, nutritional yeast



**Vitamin C:** Citrus, bell peppers, tomatoes, strawberries



**Vitamin E:** Vegetable oils, nuts, seeds, whole grains, dark green leafy vegetables

