

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

Calcium: Yogurt, broccoli, leafy greens, sesame seeds



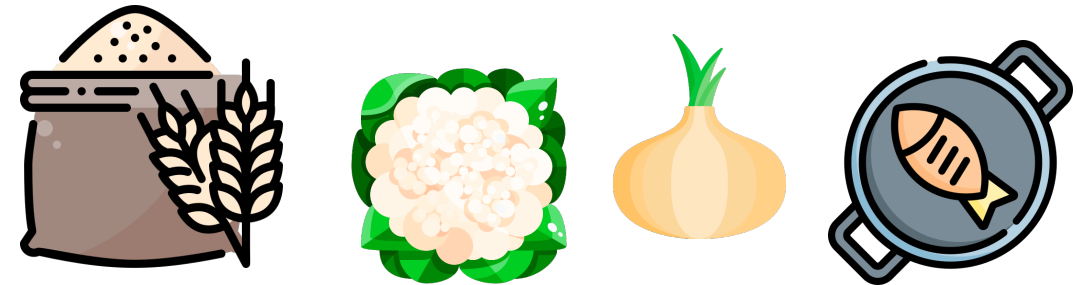
Folic Acid: Leafy greens, salmon, whole grains



Iron: Leafy greens, nuts, seeds, raisins, liver, beef



Magnesium: Grains, legumes, vegetables, nuts, seeds, seafood



Potassium: Fruits and vegetables, whole grains, nuts and seeds

