



90forLife! Essential Nutrients

These are the 90 essential nutrients that make up 90forLIFE!

60 Essential Plant Derived Minerals

(All Non-Toxic ~ Water Soluble ~ Full Spectrum)

Magnesium	Bromine	Manganese	Holmium	Oxygen	Tantalum
Phosphorus	Calcium	Selenium	Hydrogen	Praseodymium	Terbium
Potassium	Cerium	Dysprosium	Lanthanum	Rhenium	Thulium
Sodium	Cesium	Erbium	Lithium	Rubidium	Tin
Chloride	Chromium	Europium	Lutetium	Samarium	Titanium
Aluminum	Cobalt	Gadolinium	Molybdenum	Scandium	Vanadium
Beryllium	Copper	Gallium	Neodymium	Silica	Ytterbium
Boron	Carbon	Germanium	Nickel	Silver	Yttrium
Arsenic	Iodine	Gold	Niobium	Sulfur	Zinc
Barium	Iron	Hafnium	Nitrogen	Strontium	Zirconium

16 Essential Vitamins

Vitamin A	Vitamin B1 (Thiamine)	Vitamin B5 (Pantothenic Acid)	Vitamin C	Vitamin K	Flavonoids and Bioflavonoids
	Vitamin B2 (Riboflavin)	Vitamin B6 (Pyridoxine)	Vitamin D	Biotin	Folic Acid
	Vitamin B3 (Niacin)	Vitamin B12 (Cobalamin)	Vitamin E	Choline	Inositol

12 Essential Amino Acids

Valine	Threonine	Isoleucine	Phenylalanine	Histidine	Taurine
Lysine	Leucine	Tryptophan	Methionine	Arginine	Tyrosine

3 Essential Fatty Acids

Omega 3 (EPA, DHA, ALA)	Omega 6	Omega 9
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