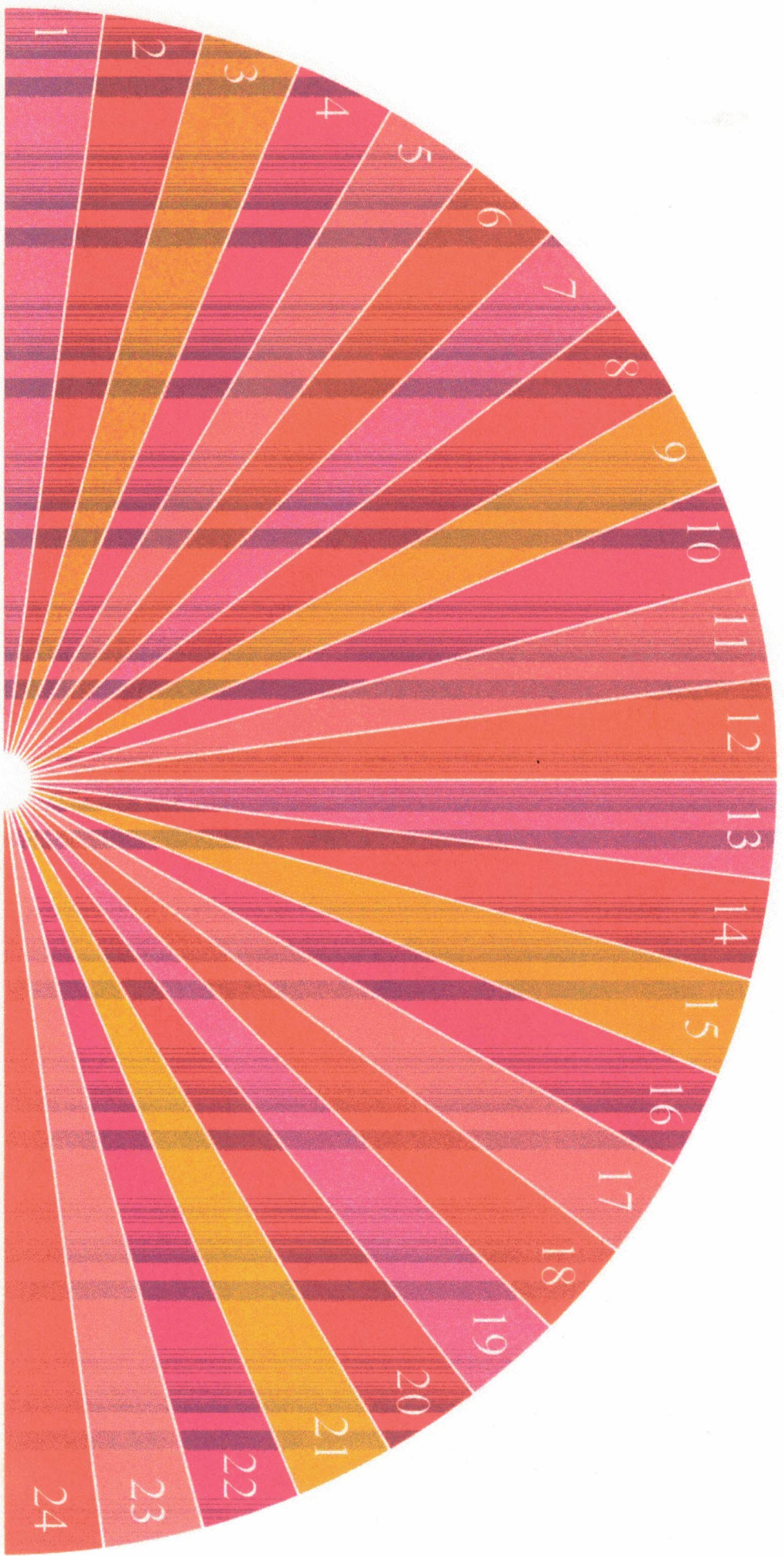
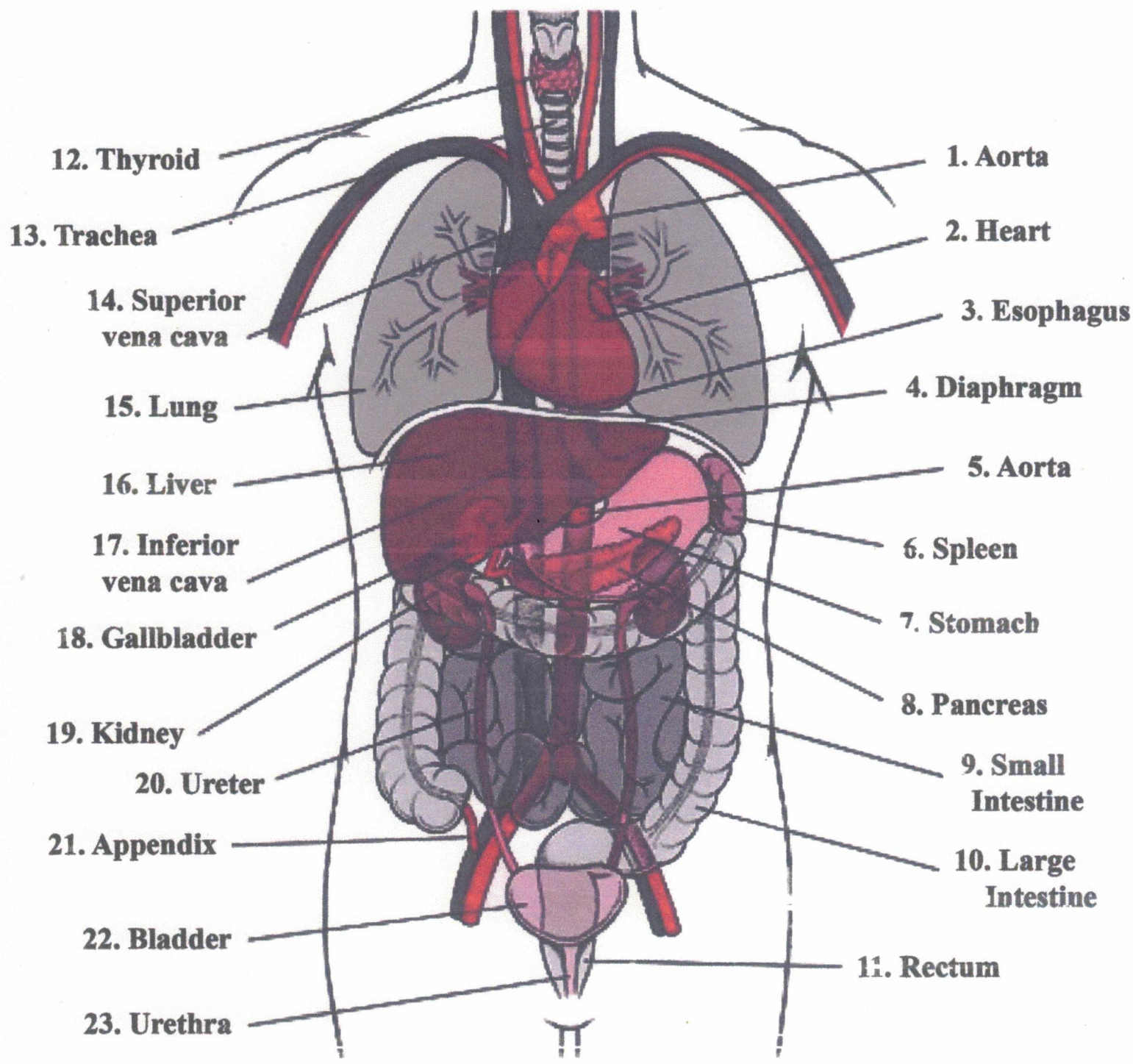


Which part of my body is most in need of health improvement now?

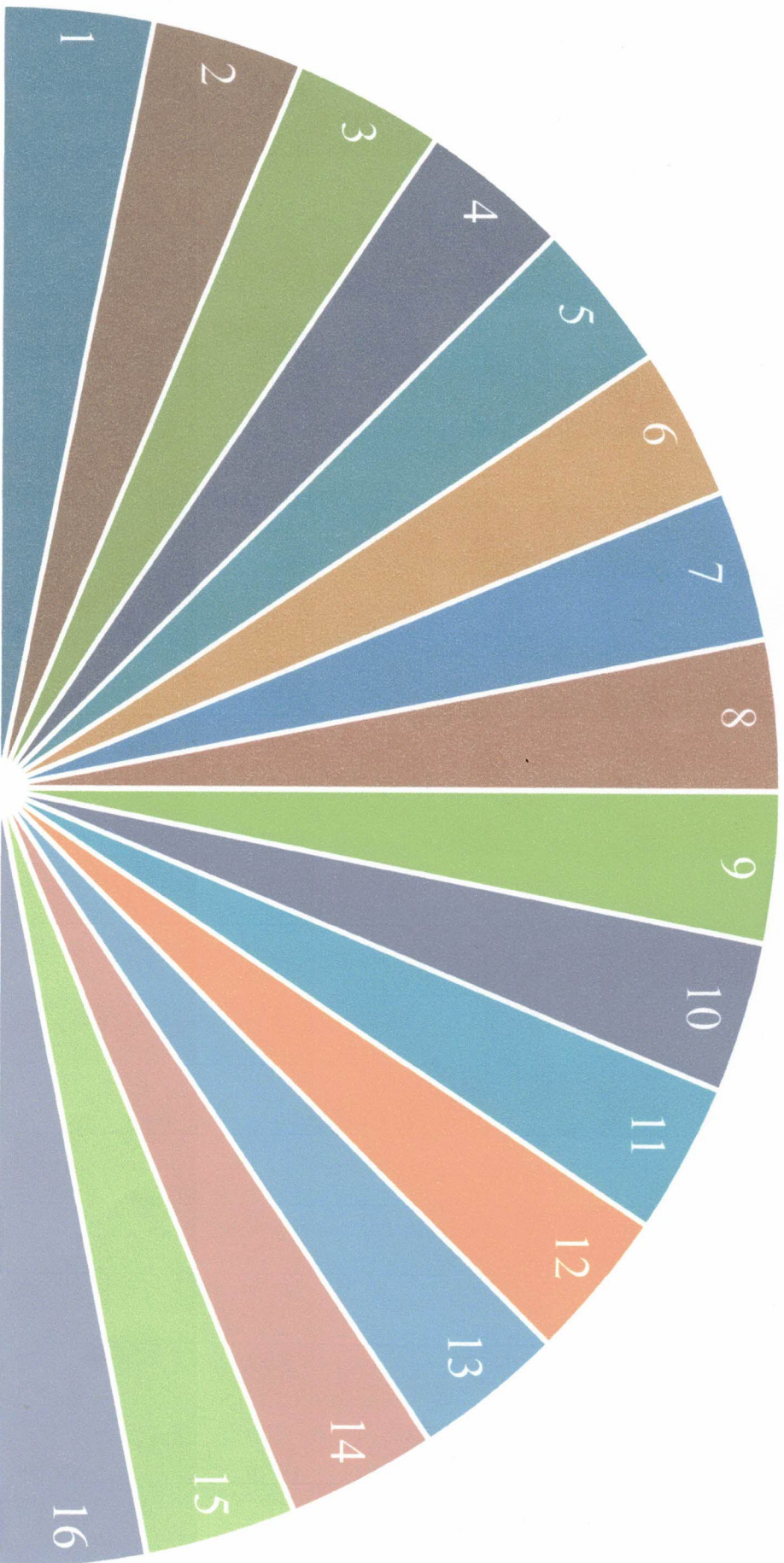




24. Other

What vitamin is this
body in need of?

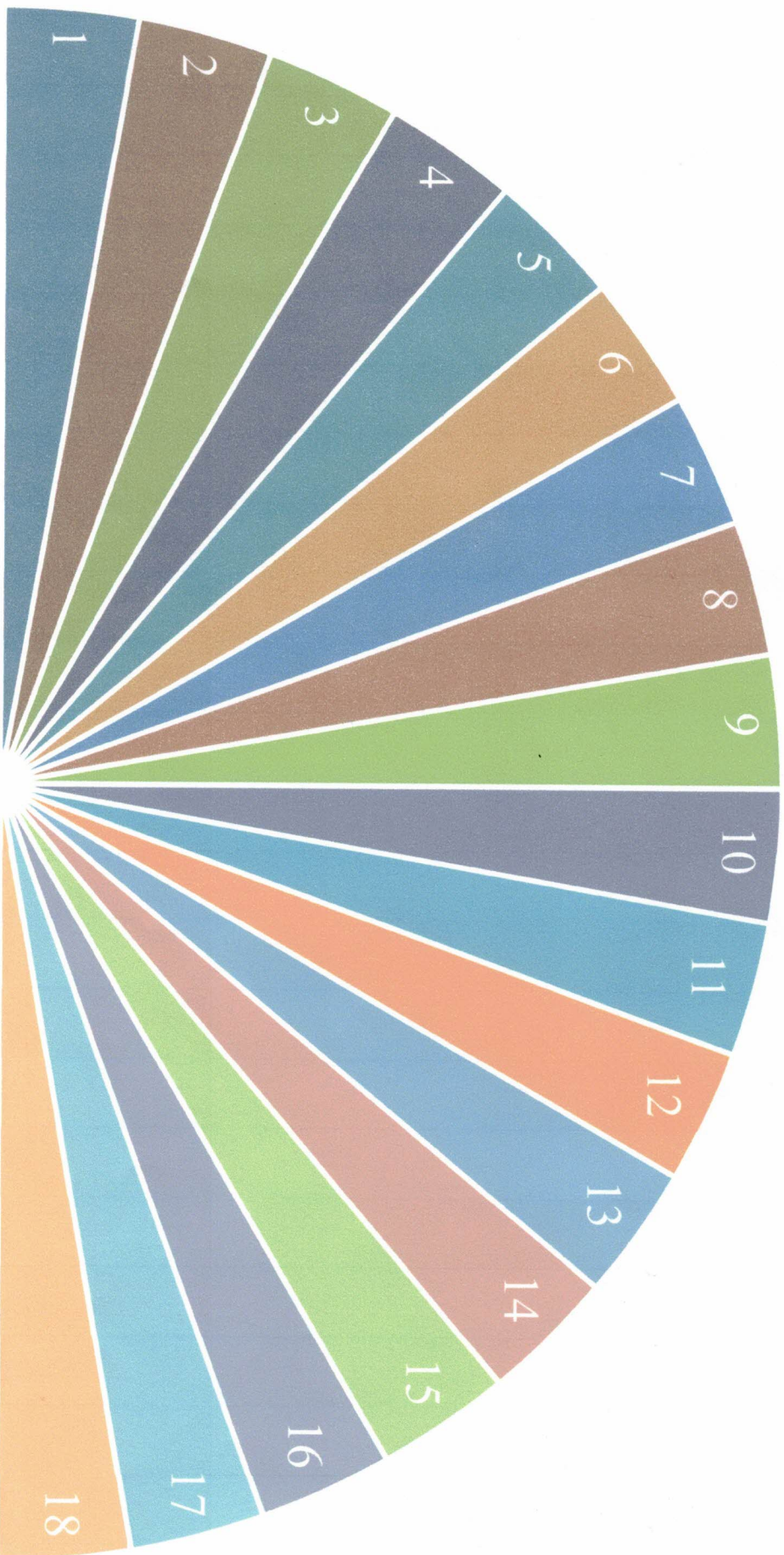
What vitamin does
this body have an
excess of?



- 1. A**
- 2. Beta Carotene**
- 3. Bio Flavanoids**
- 4. B1 Thiamine**
- 5. B2 (Vit G) Riboflavin**
- 6. B3 Niacin**
- 7. B4 Choline**
- 8. B5 Pantothenic Acid**
- 9. B6 Pyridoxine**
- 10. B12 Cobalamin**
- 11. B-Complex**
- 12. C-Ascorbic Acid**
- 13. Calcium Pantothenate**
- 14. E-Tocopherol**
- 15. H-Biotin**
- 16. UFA Unsaturated Fatty Acids**

What mineral is this
body in need of?

What mineral does
this body have an
excess of?



- 1. Boron**
- 2. Calcium**
- 3. Chromium**
- 4. Cobalt**
- 5. Copper**
- 6. Iodine**
- 7. Iron**
- 8. Lithium**
- 9. Magnesium**
- 10. Manganese**
- 11. Molybdenum**
- 12. Phosphorus**
- 13. Potassium**
- 14. Selenium**
- 15. Silicon**
- 16. Sodium**
- 17. Sulphur**
- 18. Zinc**