TMF Florida – Health Report

International Lifestyle Sciences Institute (ILSI) - EU Study:

Europeans DO NOT Consume Enough Vitamins and Minerals

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International Life Sciences Institute (ILSI) – EU Study

A group of researchers from the *International Life Sciences Institute (ILSI Europe)* has evaluated the low intake of 17 micronutrients in eight European countries: Belgium, Denmark, France, Germany, the Netherlands, Poland, the United Kingdom and Spain.

"Better understanding the scope of micronutrient adequacy across Europe is a significant challenge," explain the authors of the study, which was published this year in the British Journal of Nutrition.

The experts believe that, despite the fact that current European policies on nutrition focus fundamentally on tackling problems to do with excessive consumption, not much is known across the continent about the optimal intake of micronutrients. According to the authors, despite its limited data, this study provides *"valuable information on micronutrient intake in Europe and the likelihood of its inadequacy country by country."*

The study analysed the intake of 17 basic micronutrients in people's diets across these eight European countries. The results reveal that, although vitamin D is the most extreme case, European citizens - across all age and sex ranges - do not consume sufficient iron, calcium, zinc, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B6 and folic acid.

"In the case of vitamins, low levels of consumption in all age and sex groups do not pose a risk except in the case of vitamin D," the experts continue. However, for minerals, the risk of inadequate intake is larger in certain groups depending on age.

"To our knowledge, this is the first time micronutrient consumption has been evaluated across several countries. Thus, it provides a better vision of micronutrient inadequacy in Europe and is a valuable resource for assessing the state of populations," they conclude.

For more information: Mensink G.B.M. et al. Mapping low intake of micronutrients across Europe, British Journal of Nutrition 2013; 14:1-19.

AESAN Study – Micronutrients in the Spanish Diet

According to data from the *National Survey on Dietary Intake* conducted recently by the *Spanish Agency for Food Safety and Nutrition (AESAN)*, the case of Spain is particular.

From all the values analysed we can conclude that average micronutrient consumption exceeds 80% of the *reference dietary intakes (RDI's / RDA's)*, except in the case of zinc, iron in women of childbearing age, vitamin A, vitamin D and folic acid, in which inadequate intake can be observed.

The AESAN survey concludes: *"The modern Spanish diet is a western-type diet, further and further removed from typical Mediterranean cuisine, although this gap is lower than expected due to the population's high consumption of fish."*

As such, the data show very low intakes of vegetables, fruits and their derivatives, low consumption of cereals, mainly refined, and high intake of meats and their derivatives and products prepared with high sodium, fat and added sugar content.

Source: www.edicalxpress.com/news/2013-11-europeans-consume-vitamins-minerals.html

For more information: Mensink G.B.M. et al. Mapping low intake of micronutrients across Europe, British Journal of Nutrition 2013; 14:1-19.

Re: AESAN Study Reference Daily Intakes (RDI's):

"Recommended Daily Allowances (RDA's)

do little or nothing to prevent against our

epidemic of chronic degenerative diseases."

- American Medical Association (AMA)

"70-80% of all diseases

in DEVELOPED COUNTRIES

are due to CLINICAL MALNUTRITION."

- World Health Organization (W.H.O.)

World Health Organization – "Clinical Malnutrition"

Nutritional deficiencies are strongly related to, and considered by an ever-increasing number of modern medical doctors, scientists, researchers and health organizations … to be the primary underlying cause of innumerable chronic degenerative disease conditions (and birth defects) which plague industrialized and processed-food cultures.

Vast international scientific medical research support these facts *(see research database - www.nutrionomics.com)*.

"70-80% of all diseases in DEVELOPED COUNTRIES … are due to CLINICAL MALNUTRITION." **- World Health Organization (W.H.O.)**

World Health Organization technical report series ; 916: *"DIET, NUTRITION AND THE PREVENTION OFCHRONIC DISEASES"* … a report of a joint WHO/FAO expert consultation, Geneva, 28 January -- 1 February 2002. (WHO):

1. Chronic disease -epidemiology
2. Diet – standards
3. Feeding behavior
4. Energy metabolism
5. Motor activity
6. Cost of illness

More info: www.nutrionomics.com/Article%20-%20WHO/WHO_Chronic_Disease.pdf

Due to nutritional deficiencies … the deteriorating health of the average European citizen will reduce overall quality of life, restrict daily exercise and leisure activities, decrease work productivity and performance … placing an enormous (and ever-increasing) health and economic burden upon the national healthcare systems and Governments throughout the EU.

Vitamin & Mineral

RDA

(Recommended Daily Allowance)

RDA's – Australia & New Zealand Government Studies

"There is some evidence that a range of nutrients could have benefits in chronic disease aetiology at levels above the RDI. This is discussed in detail in the publications of the Food and Nutrition Board: Institute of Medicine as part of the reviews of the US:Canadian DRI's, notably those published in 1998, 2000 and 2002.

The nutrients for which higher than RDI intakes have been linked to benefits for chronic disease risk include the antioxidant vitamins such as vitamin C, vitamin E and vitamin A (primarily its precursor, ß-carotene) as well as selenium and nutrients such as folate, omega 3 fats and dietary fibre.

These nutrients have been assessed in relation to *heart disease* and *cancer* … degenerative *eye diseases* such as cataract formation or macular degeneration … and conditions like *Alzheimer's* or cognitive decline.

The Nutrient Reference Values (NRVs) was a joint initiative of the …
Australian National Health and Medical Research Council (NHMRC) and the New Zealand Ministry of Health (MoH)

Source: www.nrv.gov.au/disease/introduction.htm

"One quick word about the so-called Recommended Daily Allowances:

Nonsense!

I believe they're just too low. These daily allowances, until recently, where called "Minimum Daily Requirements."

But then someone with a good sense of public relations realized that most people want more than just the "minimum."

So they changed "Minimum" to "Recommended" - but still left the amount at approximately the same low levels."

- Dr. Dharma Singh Khalsa

RDA = "Ridiculous Daily Allowance" – by Hickey & Robert

"Many people consuming RDA levels of vitamins are likely to suffer from deficiency disease and premature death. Current official recommendations for nutrient intakes are inappropriate.

As this book demonstrates, the recommended dietary intake for vitamin C owes more to politics and prejudice than to science. Furthermore, the research behind the RDA values for vitamin C is biased and insubstantial.

This book presents an open challenge to the government "experts", who support the out-of-date RDA approach to nutrition and thereby endanger the health of the entire population. For people who value the peer review process, this book was read by thousands, including doctors and scientists.

The readers reported no significant scientific errors. The authors therefore assert that the RDA and the Codex justification for low intakes of vitamin C are both invalid and indefensible."

RDA - Ridiculous Dietary Allowance (Paperback) - by Steve Hickey (Author) , Hilary Roberts (Author)

Source: www.lulu.com/spotlight/ascorbate

Vitamin C

RDA

(Recommended Daily Allowance)

Vitamin C … in Humans vs Nature

According to the U.S Government, the FDA and its medical and scientific advisors (and repeated by their European equivalents) … they recommend the average human being to take 60-95 mg of Vitamin C daily.

Let's put that into perspective …

For example, by comparing an average human weighing 140lbs versus a mammal of similar size:

"A 140lb goat will produce about 13,000 mg (13 grams) of vitamin C every day. That's enough to keep him healthy in most circumstances. But if he's wounded or suffers a massive infection, the goat -- and virtually all other wild animals -- can synthesize as much as 100,000 additional mgs (100 grams) of vitamin C to get him through the crisis. Humans cannot do that.

Humans are one of the few animals that cannot produce vitamin C. Most other animals can. Since few of us take 13,000 mg a day of oral vitamin C, we get sick in staggering numbers."

Source: http://owen.curezone.com/nutrition/benefitsofc.html

US Vitamin C Foundation's Recommended Daily Allowance

RDA: 3000 mg Vitamin C … 1000 mg three times per day

The Vitamin C Foundation recommends that every man, woman and child over the age of 3 consume at least 3 g (3000 mg) vitamin C daily in order to enjoy optimum health.

More during pregnancy (6000 mg) …
and much more during periods of disease (20,000 to 300,000 mg).

Source: http://www.vitamincfoundation.org/vitcrda.shtml

RDA Chart - A Comparison of Vitamin C "Experts"

RDI / RDA	Source / Population
60-95 mg	U.S. Government / FDA Recommended Intake
200 mg	Levin / NIH Recommendation
400 mg (recently increased)	Linus Pauling Institute Recommendation
2500 mg	Hickey / Roberts Minimum
3000 mg	Vit C Foundation's Daily Recommendation
6000 - 12,000 mg	Levy's Daily Recommendation
6000 - 18,000 mg	Linus Pauling's Daily Recommendation
6000 - 9000 mg	Pregnancy
6000 - 18,000 mg	Heart Disease
14,000 - 30,000 mg	Cancer
20,000 – 300,000 mg	Cathcart / Levy Cure for Infectious Diseases

Source: http://www.vitamincfoundation.org/vitcrda.shtml

Vitamin C Research

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Part 1 - Vitamin C Medical Studies Research – by Dr. Levy

Dr. Levy exhaustively researched the existing medical literature on vitamin C for the last 70 years. Here's a short list of illnesses which doctors have CURED or PREVENTED using mega-doses of vitamin C through drip-needles.

(1) Acute Hepatitis	(7) Viral Pneumonia
(2) Polio	(8) Streptococcal infections
(3) Measles	(9) Dysentery
(4) Mumps	(10) Diptheria
(5) Chicken Pox	(11) Influenza
(6) Herpes	

Medical Book: VITAMIN C, INFECTIOUS DISEASES, AND TOXINS – by Dr. Thomas Levy

Source: www.owen.curezone.com/nutrition/benefitsofc.html

Part 1 - Vitamin C Medical Studies Research – by Dr. Levy

Another list of medical horrors Dr. Levy says are REVERSIBLE and PREVENTABLE with high-dose Vitamin C:

(1) HIV	(3) Typhoid Fever
(2) Tuberculosis	(4) Leprosy

Dr. Levy adds that "both Lupus and MS respond well to high-dose vitamin C therapy." (p.404).
Vitamin C has also been used successfully to treat the following poisonings:

(1) Carbon Monoxide	(5) Radiation
(2) Alcohol	(6) All Heavy Metals
(3) Barbiturates	(7) Mushrooms
(4) Pesticides	(8) Snake & Spider Venom

Medical Book: VITAMIN C, INFECTIOUS DISEASES, AND TOXINS – by Dr. Thomas Levy

Vitamin C - Polio Cure - by Dr. Frederick Klenner

Dr. Frederick Klenner performed much of the ground-breaking medical research with mega-doses of vitamin C (in the U.S.) back in the 1940s and 1950s!

In 1949, Dr. Klenner CURED 60 out of 60 polio patients -- all within 72 hours!

… by giving them massive doses of intravenous vitamin C. None of the patients suffered any of the deformities common to polio patients.

Medical Book: VITAMIN C, INFECTIOUS DISEASES, AND TOXINS – by Dr. Thomas Levy

Source: www.owen.curezone.com/nutrition/benefitsofc.html

Can You Overdose on Vitamin C ???

Can you overdose on vitamin C? … the answer is "NO!"

"In Australia alone," says Dr. Levy, some 100 physicians have administered as much as 300,000 mg of vitamin C PER DAY to their patients. In most cases, the results have been spectacular.

… *the only side effect is chronic good health*." Loose stools and mild diarrhea will indicate Vitamin C "bowel tolerance". Dr. Levy says that chronic cancer patients can have bowel tolerances of 100,000 mg or higher.

Medical Book: VITAMIN C, INFECTIOUS DISEASES, AND TOXINS – by Dr. Thomas Levy

Dr. Levy's website is: *www.peakenergy.com*

N.B. If you wish to follow a mega-dose vitamin C regimen, it would be preferable to take it in bio-natural form of fruits, such as, *Acerola Cherry, Camu Camu Berry, Kakadu Plum, Indian Gooseberry, Rose Hips, Yellow Jaboticaba etc*.

Alternatively, there is the option for IV medical treatments, or at-home supplements … (ideally, in nature's form of "*L-ascorbic acid*" (C6H8O6), or "*sodium ascorbate*" – as opposed to the more acidic form of "*ascorbic acid*").

Does Vitamin C Cause Kidney Stones ???

Does vitamin C cause kidney stones … the answer is "NO!"

Vitamin C does NOT cause the formation of kidney stones. That's one of those misinformation campaigns that has been floated by the pharmaceutical industry and the allopathic medical community.

Doctor Levy discusses this on pp. 385-390 of his book*: VITAMIN C, INFECTIOUS DISEASES, AND TOXINS – by Dr. Thomas Levy*

Dr. Levy's website is: *www.peakenergy.com*

Source: www.owen.curezone.com/nutrition/benefitsofc.html

Further information on the "real" causes of kidney stones (nutritional deficiencies) can be found here:

http://orthomolecular.org/resources/omns/v09n05.shtml

http://www.drwhitaker.com/magnesium-for-kidney-stones/

Mega-Dose Vitamin C Fruits – TMF Florida

If you wish to embrace mega-dose vitamin C as a daily health regimen, it is possible to consume optimal amounts in the ideal bio-natural form … from plants, and many popular tropical and sub-tropical fruits:

Fruit Name	*Latin Name*	Vitamin C per 100g Serving
Acerola Cherry	*Malpighia emarginata*	1500 to 4600+ mg
Camu Camu Berry	*Myrciaria dubia*	1500 to 2800 mg
Kakadu Plum	*Terminalia ferdinandiana*	2000 to 3100 mg
Indian Gooseberry	*Phyllanthus emblica*	500 to 1800 mg
Rose Hips	*Rosa*	1700 to 6900+ mg
Yellow Jaboticaba	*Myrciaria glomerata*	700 to 2400 mg

Source: www.TMFflorida.com

Vitamin C - Over 80,000+ Scientific Medical Studies!!!

What may seem even more extraordinary is … the vast amounts of vitamin C international medical research available … 80,000+ Vitamin C studies! … spanning 70+ years! … 1,000,000's of patient applications worldwide!

As well as, the enormous (and ever-increasing) flow of Vitamin C medicine production and sales.

And yet … even with numerous intravenous vitamin C medical clinics popping up in the U.S. and established throughout the world … a large number of Western-trained Doctors … and the vast majority of Western Citizens … have little (or no) knowledge that Vitamin C therapy exists … let alone its immense abilities to reverse many of the diseases that plague Western societies… or the "enormous and non-toxic dosages" used to "cure" these diseases.

In a "Utopian Society" … this medical knowledge would be embraced by leaders for the good of the population … and made standard education throughout children's schooling and medical training … as well as, at the forefront of mainstream news media and via Government healthcare systems … readily available and accessible to all patients.

Vitamin & Mineral

RDA

Sumary

"A large proportion of the general (U.S.) population" has less-than-optimal intakes of a number of vitamins, exposing them to increased disease risk … it appears prudent for all adults to take vitamin supplements."

- American Medical Association (AMA)

Source: www.mreassociates.org/pages/ama_speaks_out.html

RDA's - What is a Good Regimen for Maintaining Health?

We do not like to overwhelm people who are not used to taking vitamins and minerals, so we start them off with the basics for almost anyone. Check out the difference between the RDA and doses recommended by Holistic doctors, Naturopaths and Nutritionists – *Dr. Cherie, New York*

Vitamin / Mineral	Current RDA	Optimal Intake	% RDA Difference
Vitamin A	5000 IU	15,000 IU	300 %
Vitamin C	59.9	3000 - 6000 mg	5,000 – 10,000 %
Vitamin E	30 IU	450 IU	1,500 %
Vitamin B1	1.5 mg	27 mg	1,800 %
Vitamin B6	2.0 mg	27 mg	1,350 %
Selenium	70 mcg	200 mcg	285 %

Source: www.drcherie.hubpages.com/hub/Vitamins-How-Much-Is-Enough

The "Recommended Daily Allowances" for vitamins and minerals are proving to be "grossly insufficient" in preventing the growing plague of chronic degenerative disease spreading throughout modern Western culture … a situation that is both "preventable" and "reversible" when sufficient nutritional tools are made available to the human body.

Nutritional deficiency-related clinical symptoms are now highly prevalent in school children and young adults … degenerative disease in humans is reaching a critical point.

TMF Florida has solutions

… … …

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Low Nutrient Foods … vs High Nutrient Foods?

In Western cultures, it is common for citizens to see, read, hear and believe that eating "xyz" portions of fruits and vegetables per day will provide a "sufficient daily intake" of vitamins and minerals (to "maintain health") … and this certainly could be achieved "if " those food sources were from more "nutrient-dense" fruits and food varieties.

After all, some foods can have 100's of times more nutrients in the same serving sizes when compared to others. In which case, even "10" portions and multiple varieties of low nutrient foods will not equal "1" portion of a nutrient dense food. Imagine the nutritional benefits of eating "5" or "10" nutrient-dense fruits and foods instead! (see charts below)

Unfortunately, many popular mainstream Western fruits and vegetables are often very low sources of vitamins and minerals. In addition, many foods may also be grown in soils over-farmed and depleted of nutrients and / or poisoned by harmful chemicals … further reducing the already naturally low nutrient values of these foods. Whereas, other countries and cultures tend to embrace, grow and trade in more nutrient-dense varieties of fruits and vegetables.

So, there is hope … throughout the rest of the world, it is "common" to feast regularly upon a wide variety of natural tropical and sub-tropical fruits, vegetables, and medicinal plants … many of which are packed with x20, x50 and x100's more vitamins and minerals (and other nutrients) when compared with popular mainstream Western foods.

TMF Florida … Health and Trade Solutions

TMF Florida offers the much-needed health and trade solutions for the EU and US markets.

TMF Florida is an international export / import company based in South Florida, USA. (www.tmfflorida.com)

TMF Florida trades primarily in high quality, nutrient-dense fresh fruits and foods grown in the optimal climates and fertile soils of the tropical and sub-tropical regions of South Florida, the Caribbean, South and Central America.

TMF Florida offers a variety of nutrient-dense products, including delicious tropical fruits … many of which are packed with x20, x50 and x100+ more vitamins and minerals, as well as, superior anti-oxidants, amino acids, enzymes and other essential micro-nutrients, when compared to many popular mainstream Western fruits (see charts below).

TMF Florida offers nutrient-dense organic products grown using hydroponic, aeroponic and aquaponic technologies, optimal nutrient delivery techniques, consistent quality products and yields … while reducing carbon footprint.

TMF Florida may also supply other organic produce, dried and semi-dried produce, vegetables, micro-greens, ginger, fruit pulps, sweet potatoes, mushrooms, raw honey, nuts, grains, coffee, wine, extra virgin olive oil, herbs and spices.

TMF Florida

Tropical Fruits & Foods

vs

Common Western Fruits & Foods

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Chart #1	5 x Common Western Fruits							5 x Tropical / Sub-Tropical Fruits						
	Apple	Orange	Pear	Grape	Blue Berry			Acerola Cherry	Canta-loupe	Guava	Kiwi	Passion Fruit		
All Serving Sizes: Per 100g						**Total**							**Total**	
Vit A	38	225	23	66	54	406		752	3382	624	87	1272	6117	IU
Vit B1 (Thiamine)	0	0.1	0	0.1	0	0.2		0	0	0.1	0	0	0.1	mg
Bit B2 (Riboflavin)	0	0	0	0.1	0	0.1		0.1	0	0	0	0.1	0.2	mg
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.4	1.3		0.4	0.7	1.1	0.3	1.5	4	mg
Vit B5 (Panto Acid)	0.1	0.3	0	0.1	0.1	0.6		0.6	0.1	0.5	0.1	14	15.3	mg
Vit B6	0	0.1	0	0.1	0.1	0.3		0	0.1	0.1	0.2	-	0.4	mg
Vit B9 (Folate)	0	17	7	2	6	32		13.7	21	49	25	0.1	109	mg
Vit C	4	45	4.2	10.8	9.7	73.7		1677	36.7	228	92.7	30	2064	mcg
Vit E	0.1	0.2	0.1	0.2	0.6	1.2		0	0.1	0.7	1.5	0	2.3	mg
Vit K	0.6	0	4.5	14.6	20.3	40		-	2.5	2.6	40.3	0.7	46.1	mg
Potassium	90	169	119	191	77	646		143	267	417	312	348	1487	mg
Phosphorus	11	12	11	20	12	56		10.8	15	40	34	68	168	mg
Magnesium	4	10	7	7	6	27		17.6	12	22	17	29	97.6	mg
Calcium	5	43	9	6	6	69		11.8	9	18	3	12	53.8	mg
Iron	0.1	0.1	0.2	0.4	0.3	1.1		0.2	0.2	0.3	0.3	1.6	2.6	mg
Selenium	-	0.5	0.1	0.1	0.1	0.8		0.6	0.4	0.6	0.2	0.6	2.4	mcg
Manganese	0	0	0	0.1	0.3	0.4		-	0	0.2	0.1	-	0.3	mg
Copper	0	0	0.1	0.1	0.1	0.3		0.1	0	0.2	0.1	0.1	0.5	mg
Zinc	0.1	0.1	0.1	0.1	0.2	0.6		0.1	0.2	2	0.1	0.1	2.5	mg
Fibre	1.3	2.4	3.1	0.9	2.2	9.9		1.1	0.9	5.2	3.0	5.6	15.8	g

Chart #2	5 x Common Western Foods Meal							5 x Nutrient-Dense Foods Meal						
	Apple	Orange	Iceberg Lettuce	White Mush'	White Potato			Acerola Cherry	Kiwi	Moringa Fresh Leaf	Oyster Mush'	Sweet Potato		
All Serving Sizes: Per 100g						**Total**							**Total**	
Vit A	38	225	502	0	2	767		752	87	6780	48	14,185	21,852	IU
Vit B (Choline)	-	-	-	-	-	-		-	-	423	-	-	423	mg
Vit B1 (Thiamine)	0	0.1	0	0.1	0.1	0.3		0	0	0.2	0.1	0.1	0.4	mg
Bit B2 (Riboflavin)	0	0	0	0.4	0	0.4		0.1	0	0.1	0.3	0.1	0.6	mg
Vit B3 (Niacin)	0.1	0.4	0.1	3.6	1.1	5.6		0.4	0.3	0.1	5	0.6	6.4	mg
Vit B5 (Panto Acid)	0.1	0.3	0.1	1.5	0.3	2.3		0.6	0.1	0.1	1.3	0.8	2.9	mg
Vit B6	0	0.1	0	0.1	0.3	0.5		0	0.2	1.2	0.1	0.2	1.7	mg
Vit B9 (Folate)	0	17	29	16	16	32		13.7	25	40	27	11	116.7	mg
Vit C	4	45	2.8	2.1	19.7	73.6		1677	92.7	220	0	2.4	1992.1	mcg
Vit E	0.1	0.2	0.2	0	0	0.5		0	1.5	448	0	0.3	449.8	mg
Vit K	0.6	0	24.1	0	1.9	26.6		-	40.3	-	0	1.8	42.1	mg
Potassium	90	169	141	318	421	1139		143	312	259	420	337	1471	mg
Phosphorus	11	12	20	86	57	186		10.8	34	70	120	47	281.8	mg
Magnesium	4	10	7	9	23	53		17.6	17	24	18	25	101.6	mg
Calcium	5	43	18	3	12	81		11.8	3	7	3	30	54.8	mg
Iron	0.1	0.1	0.4	0.5	0.8	1.9		0.2	0.3	1	1.3	0.6	3.4	mg
Selenium	-	0.5	0.1	9.3	0.3	10.2		0.6	0.2	137	2.6	0.6	141	mcg
Manganese	0	0	0.1	0	0.2	0.3		-	0.1	1.9	0.1	0.3	2.4	mg
Copper	0	0	0	0.3	0.1	0.4		0.1	0.1	1.1	0.2	0.2	1.7	mg
Zinc	0.1	0.1	0.2	0.5	0.3	1.2		0.1	0.1	0.2	0.8	0.3	1.5	mg
Fibre	1.3	2.4	1.2	1.0	2.2	8.1		1.1	3.0	0.9	2.3	3.0	10.3	g

Chart #3	International Nutrition ... High Nutrient Fruits & Foods										Low Nutrition		
											:(	:(	
	Acerola Cherry	Apricot	Canta-loupe	Guava	Goji Berry	Kiwi	Passion Fruit	Kale	Moringa Fresh Leaf	Sweet Potato	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	752	1926	3382	624	8500	87	1272	15,276	6780	14,185	38	225	IU
Vit B (Choline)	-	-	-	-	-	-	-	-	423	-	-	-	mg
Vit B1 (Thiamine)	0	0	0	0.1	0.2	0	0	0.1	0.2	0.1	0	0.1	mg
Bit B2 (Riboflavin)	0.1	0	0	0	1.3	0	0.1	0.1	0.1	0.1	0	0	mg
Vit B3 (Niacin)	0.4	0.6	0.7	1.1	-	0.3	1.5	1	0.1	0.6	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.6	0.2	0.1	0.5	-	0.1	14	0.1	0.1	0.8	0.1	0.3	mg
Vit B6	0	0.1	0.1	0.1	-	0.2	-	0.6	1.2	0.2	0	0.1	mg
Vit B9 (Folate)	13.7	9	21	49	-	25	0.1	29	40	11	0	17	mg
Vit C	1677	10	36.7	228	> 100	92.7	30	120	220	2.4	4	45	mcg
Vit E	0	0.9	0.1	0.7	-	1.5	0	-	448	0.3	0.1	0.2	mg
Vit K	-	3.3	2.5	2.6	-	40.3	0.7	817	-	1.8	0.6	0	mg
Potassium	143	259	267	417	1130	312	348	447	259	337	90	169	mg
Phosphorus	10.8	23	15	40	> 22	34	68	56	70	47	11	12	mg
Magnesium	17.6	10	12	22	109	17	29	34	24	25	4	10	mg
Calcium	11.8	13	9	18	112	3	12	135	7	30	5	43	mg
Iron	0.2	0.4	0.2	0.3	8.4	0.3	1.6	1.7	1	0.6	0.1	0.1	mg
Selenium	0.6	0.1	0.4	0.6	50	0.2	0.6	0.9	137	0.6	-	0.5	mcg
Manganese	-	0.1	0	0.2	> 0.1	0.1	-	0.8	1.9	0.3	0	0	mg
Copper	0.1	0.1	0	0.2	> 0.1	0.1	0.1	0.3	1.1	0.2	0	0	mg
Zinc	0.1	0.2	0.2	2	2	0.1	0.1	0.4	0.2	0.3	0.1	0.1	mg
Fibre	1.1	2.0	0.9	5.2	7.7	3.0	5.6	2.0	0.9	3.0	1.3	2.4	g

Chart #4 — Common Western Nutrition ... Low Nutrient Fruits & Foods

	Apple	Blue Berry	Common Cherry	Grape	Grape Fruit	Lemon	Lime	Pear	Pineapple	Cabbage	Iceberg Lettuce	White Potato	
All Serving Sizes: Per 100g													
Vit A	38	54	64	66	259	30	50	23	52	98	502	2	IU
Vit B1 (Thiamine)	0	0	0	0.1	0	0.1	0	0	0.1	0.1	0	0.1	mg
Bit B2 (Riboflavin)	0	0	0	0.1	0	0	0	0	0	0	0	0	mg
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.2	0.2	0.2	0.2	0.5	0.2	0.1	1.1	mg
Vit B5 (Panto. Acid)	0.1	0.1	4	0.1	9	-	8	0	0.2	0.2	0.1	0.3	mg
Vit B6	0	0.1	0.2	0.1	0.3	0.2	0.2	0	0.1	0.1	0	0.3	mg
Vit B9 (Folate)	0	6	0	2	0	0.1	0	7	11	43	29	16	mg
Vit C	4	9.7	7	10.8	37	77	29.1	4.2	16.9	36.6	2.8	19.7	mg
Vit E	0.1	0.6	0.1	0.2	-	-	0.2	0.1	-	0.2	0.2	0	mcg
Vit K	0.6	20.3	2.1	14.6	-	-	0.6	4.5	0.8	76	24.1	1.9	mg
													mg
Potassium	90	77	222	191	127	145	102	119	125	170	141	421	mg
Phosphorus	11	12	21	20	9	15	18	11	9	26	20	57	mg
Magnesium	4	6	11	7	8	12	6	7	12	12	7	23	mg
Calcium	5	6	13	6	15	61	33	9	13	40	18	12	mg
Iron	0.1	0.3	0.4	0.4	0.1	0.7	0.6	0.2	0.3	0.5	0.4	0.8	mg
Selenium	-	0.1	0	0.1	1.4	-	0.4	0.1	0	0.3	0.1	0.3	mcg
Manganese	0	0.3	0.1	0.1	0	-	0	0	1.6	0.2	0.1	0.2	mg
Copper	0	0.1	0.1	0.1	0	0.3	0.1	0.1	0.1	0	0	0.1	mg
Zinc	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	mg
Fibre	1.3	2.2	2.1	0.9	1.1	4.7	3.1	3.1	5.1	2.5	1.2	2.2	g

Chart #5	International Nutrition ... High & Low Nutrient Fruits & Foods												
	High	Low	High	Low	High	Low	High	Low	High	Low	High	Low	
	Acerola Cherry	Orange	Passion Fruit	Apple	Goji Berry	Blue Berry	Kale	Iceberg Lettuce	Moringa Fresh Leaf	Cabbage	Sweet Potato	White Potato	
All Serving Sizes: Per 100g													
Vit A	752	225	1272	38	8500	54	15,276	502	6780	98	14,185	2	IU
Vit B (Choline)	-	-	-	-	-	0	-	-	423	-	-	-	mg
Vit B1 (Thiamine)	0	0.1	0	0	0.2	0	0.1	0	0.2	0.1	0.1	0.1	mg
Bit B2 (Riboflavin)	0.1	0	0.1	0	1.3	0.4	0.1	0	0.1	0	0.1	0	mg
Vit B3 (Niacin)	0.4	0.4	1.5	0.1	-	0.1	1	0.1	0.1	0.2	0.6	1.1	mg
Vit B5 (Panto. Acid)	0.6	0.3	14	0.1	-	0.1	0.1	0.1	0.1	0.2	0.8	0.3	mg
Vit B6	0	0.1	-	0	-	6	0.6	0	1.2	0.1	0.2	0.3	mg
Vit B9 (Folate)	13.7	17	0.1	0	-	9.7	29	29	40	43	11	16	mg
Vit C	1677	45	30	4	> 100	0.6	120	2.8	220	36.6	2.4	19.7	mcg
Vit E	0	0.2	0	0.1	-	20.3	-	0.2	448	0.2	0.3	0	mg
Vit K	-	0	0.7	0.6	-		817	24.1	-	76	1.8	1.9	mg
Potassium	143	169	348	90	1130	77	447	141	259	170	337	421	mg
Phosphorus	10.8	12	68	11	> 22	12	56	20	70	26	47	57	mg
Magnesium	17.6	10	29	4	109	6	34	7	24	12	25	23	mg
Calcium	11.8	43	12	5	112	6	135	18	7	40	30	12	mg
Iron	0.2	0.1	1.6	0.1	8.4	0.3	1.7	0.4	1	0.5	0.6	0.8	mg
Selenium	0.6	0.5	0.6	-	50	0.1	0.9	0.1	137	0.3	0.6	0.3	mcg
Manganese	-	0	-	0	> 0.1	0.3	0.8	0.1	1.9	0.2	0.3	0.2	mg
Copper	0.1	0	0.1	0	> 0.1	0.1	0.3	0	1.1	0	0.2	0.1	mg
Zinc	0.1	0.1	0.1	0.1	2	0.2	0.4	0.2	0.2	0.2	0.3	0.3	mg
Fibre	1.1	2.4	5.6	1.3	7.7	2.2	2.0	1.2	0.9	2.5	3.0	2.2	g

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