

Food For Hormones & Skin



VITAMIN D

Mackerel Herring Kipper Tinned Sardines & Sardines Eggs Butter Cod Liver Oil

CHROMIUM

Brewer's Yeast Wholegrains Liver Beef Molasses Mushrooms Legumes

VITAMIN B5

Peanuts Liver Kidney Avocado Hazelnuts Mushrooms Sunflower Seeds

VITAMIN C

Red Chilli Guava Red Capsicum Brussel sprouts Citrus Kiwi Strawberries

ZINC

Oysters Shellfish & Fish Red meat Pecans Sesame, Sunflower, Pepita Seeds

VITAMIN A

Liver & Organ meats Cod Liver Oil Egg yolk Liver sausage Pate Poultry

VITAMIN E

Wheatgerm & wheatgerm oil Soybean oil Almonds Sunflower seeds Avo

SELENIUM

Brazil nuts Poultry Wholegrains Shellfish & Fish Molasses Eggs Cashew

ESSENTIAL FATTY ACIDS

Mackerel Trout Salmon Herring Whiting Flaxseed oil Hempseed oil Walnuts