

Bridge the Gap!

Vitamins & Minerals	Your Recommended Dosage
Vitamin A	
Vitamin B1 (Thiamine)	
Vitamin B2 (Riboflavin)	
Vitamin B3 (Niacin)	
Vitamin B5 (Pantothenic Acid)	
Vitamin B6	
Vitamin B7 (Biotin)	
Folate	
Vitamin B12	
Vitamin C	
Vitamin D3	
Vitamin E	
Vitamin K	
Calcium	
Chromium	
Iodine	
Omega 3 Fatty Acids	
Magnesium	
Melatonin	
Selenium	
Iron	
Potassium	
Choline	
Zinc	