

LIVE HEALTHIER... LIVE LONGER... SUPPLEMENT WISELY!

It is critical to understand
there is not a single nutrient which works independently.

DOCTOR WALLACH'S MIGHTY "90" ESSENTIAL NUTRIENTS PER DAY

60 Minerals, 16 Vitamins, 12 Amino Acids and 3 EFA's

The 60 Essential Minerals, Elements and Metals

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

The 16 Essential Vitamins for Human Health

| | |
|-------------------------------|------------------------------|
| Vitamin A | Vitamin D |
| Vitamin B1 (Thiamine) | Vitamin E |
| Vitamin B2 (Riboflavine) | Vitamin K |
| Vitamin B3 (Niacin) | Biotin |
| Vitamin B5 (Pantothenic Acid) | Choline |
| Vitamin B6 (Pridoxine) | Flavinoids and bioflavinoids |
| Vitamin B12 (Cobalamin) | Folic Acid |
| Vitamin C | Inositol |

The 12 Essential Amino Acids

Valine, Lysine, Threonine, Leucine, Isoleucine,
Tryptophane, Phenylalanine, Methionine, Histadine,
Arginine*, Taurine*, Tyrosine*

*While not considered classic essential amino acids,
their deficiency does result in disease states.

The 3 Essential Fatty Acids

Linoleic, Linolenic, Arachidonic

If we are to flourish and fulfill our genetic potential for Health
and Longevity, we must Supplement Wisely!