Dr. Levy's Healthy Foods&Nutrients for the PANCREAS

Herbs

Alfalfa
Astragalus
Buchu
Bitter Melon
Cardamom
Cayenne
Chamomile
Cinnamon
Dandelion
Devils Club
Fennel
Garlic
Ginger
Ginseng
Goldenrod
Golden Seal
Green Tea
Gymnea
Hawthorn
Horsetail
Huckleberry
Juniper Berry
Oregon Grape
Lavender
Licorice
Nettles
Peppermint
Rosemary
Sage
St. John's Wart

Vitamins

Vitamin A
Vitamin B-Complex
Vitamin B-1
Vitamin B-12
Vitamin C
Vitamin E

Phyto-Nutrients (& miscellaneous)

Alpha Mangostin *
Gamma Mangostin *

Anthocyanidins
Carotenoids
Ellagic Acid
Lycopene

(*miscellaneous*)
Aloe Vera Gel
Aloe Vera Juice

**Mangosteen Garcinia is nature's richest source for these*

Amino Acids

Dl-Methionine
L-Cysteine
L-Glutathione
L-Leucine
L-Threonine
Phosphatidyl Choline

Minerals

Chlorine
Chromium-GTF
Copper
Iron
Magnesium
Potassium
Silica
Silicon
Sodium
Zinc

Legumes, Grains, Oils , Nuts & Seeds

Legumes

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Lentils
- Peas

Grains

- Barley
- Brown Rice
- Oats
- Oatmeal
- Quinoa
- Wheat Bran/Germ

Oils

- Flaxseed Oil

Nuts & Seeds

- Almonds
- Chestnuts
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

Vegetables

Asparagus
Beets
Bok Choy
Cabbage
Celery Root
Green Beans
Jerusalem Artichokes
Kale
Kohlrabi
Okra
Onion
Parsnips
Peas
Radishes
Rhubarb
Spinach
Sea Vegetables
Tomatoes
Turnips
Watercress
Yams

Fruits

Apricots
Bananas
Black Figs
Cranberries
Dates
Gooseberries
Papaya
Pear
Pineapple
Prunes
Strawberries

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