NATURAL SOLUTIONS
Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare
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Heart Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples Apricots Bananas Black cherries Blueberries Coconut Dates Kiwi *Mangosteen** Papaya Peaches Red grapes Strawberries	Artichoke Asparagus Avocado Broccoli Cabbage Carrots Cauliflower Eggplant Kale Kelp Lettuce Olives Onions Parsnips Peas Potato skins Broth Spinach Sweet potatoes Tomatoes Watercress Yams Yellow squash	Almonds Avocado oil Barley Brown Rice Buckwheat Coconut oil Flaxseed Flaxseed oil Millet Molasses Oats Oat bran Olive oil Psyllium seed Rice bran Rye Sesame seeds/oil Soybeans Sunflower seeds/oil Walnuts/oil Wheat Bran Wheat germ/oil	Garlic Black cohosh Cayenne pepper Cactus Grandi-Florus Damiana Ginkgo biloba Gotu kola Guggal lipid Hawthorne Berries Horsetail Khella Linden flowers Oat Seed Olive leaf Parsley Shiitake Mushroom Skullcap Yarrow	A (beta-carotene) B-complex B-1 (thiamin) B-3 (niacin) B-12 (cobalamin) B-15 (Pangamic acid) Bioflavonoids C Choline Co-Q 10 E F (essential fatty acids) Folic acid Inositol	Calcium Chromium Copper Germanium Iodine Manganese Magnesium Nitrogen Phosphorus Potassium Silica Zinc	L - Arginine L - Carnitine DMG (Dimethylglycine) DL Methionine L - Glycine L - Ornathine L - Proline L - Phenylalanine L - Taurine	Alpha Mangostin* Gamma Mangostin* Catechins Resveretrol Phosphatidal-Choline Proanthocyan-adins Sterols **Mangosteen Garcinia is nature's richest source for these phytonutrients!*

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