

Mister Lattimore says

"90 for life is the key"

Madrew & Joshua agree!

60 Essential Minerals

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	Lutetium	Strontium
Cesium	Magnesium	Sulfur
Chloride	Manganese	Tantalum
Chromium	Molybdenum	Terbium
Cobalt	Neodymium	Thulium
Copper	Nickel	Tin
Dysprosium	Niobium	Titanium
Erbium	Nitrogen	Vanadium
Europium	Oxygen	Ytterbium
Gadolinium	Phosphorus	Yttrium
Gallium	Potassium	Zinc
Germanium	Praseodymium	Zirconium

90 for Life Essential Nutrients

12 Essential Amino Acids

Valine	Phenylalanine
Lysine	Methionine
Threonine	Histidine
Leucine	Arginine
Isoleucine	Taurine
Tryptophan	Tyrosine

3 Essential Fatty Acids

Omega 3 (EPA, DHA, ALA)
Omega 6
Omega 9

16 Essential Vitamins

Vitamin A	Vitamin D
Vitamin B1 (Thiamine)	Vitamin E
Vitamin B2 (Riboflavin)	Vitamin K
Vitamin B3 (Niacin)	Biotin
Vitamin B5 (Pantothenic Acid)	Choline
Vitamin B6 (Pyridoxine)	Flavonoids and Bioflavonoids
Vitamin B12 (Cobalamin)	Folic Acid
Vitamin C	Inositol

