

PHASE 1 detox nutrients

NUTRIENT	FOOD SOURCE
RIBOFLAVIN B2	Spinach, tempeh, crimini mushrooms, asparagus, almonds, turkey, eggs
NIACIN B3	Lamb, beef, chicken, turkey, salmon, sardines, brown rice
PYRIDOXINE B6	Banana, sunflower seeds, spinach, sweet potato, turkey, beef, chicken, salmon
FOLATE	Turnip, broccoli, lentils, spinach, asparagus
B12	Sardines, salmon, tuna, cod, lamb, beef
FLAVONOIDS	Most plants. Apples, apricots, berries, pears, black beans, cabbage, onions, parsley, tomatoes
Branched Chain Amino Acids (BCAA)	Animal proteins: chicken, fish, eggs.
PHOSPOLIPIDS	Sunflower seeds, eggs
GLUTATHIONE	Asparagus, turmeric, broccoli, avocado, spinach, garlic, citrus fruits, Brazil nuts