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Vitamin H): Folic
Acid (a.k.a. folate
or folacin): Niacin (
a.k.a. Vitamin B3 or
Nicotinic Acid):
Pantothenic Acid
(a.k.a. Vitamin B5):
Sodium Chloride
(a.k.a. salt):
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7mg per day of alp
ha-tocopherol.² Vit
amin K There are
two forms of this
vitamin – Vitamin
K1 (phylloquinone)
and vitamin K2 (the
term for
substances called
menaquinones).³¹
Green leafy
vegetables, olive
oil and soy bean oil

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are a good source of vitamin K1, while chicken, butter, egg yolks, cheese and fermented soybeans provide vitamin K2.³² This nutrient plays an important role in bone health, in ...

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