

PROTEIN

Comprised of amino acids and converted into energy.

	Beef/Lamb	Poultry	Egg	Liver	Salmon	Potato/Yam	Brown Rice	Spinach	Kelp	Fish/Safflower Oil	Supplement
Arginine:	○	○	○	○	○	○	○				
Histidine:	○	○	○	○	○	○	○				
Isoleucine:	○	○	○	○	○	○	○				
Leucine:	○	○	○	○	○	○	○				
Lysine:	○	○	○	○	○	○	○				
Methionine:	○	○	○	○	○	○	○				
Phenylalanine:	○	○	○	○	○	○	○				
Threonine:	○	○	○	○	○	○	○				
Tryptophan:	○	○	○	○	○	○	○				
Valine:	○	○	○	○	○	○	○				

Primary Source Moderate Source

Arginine: Beef, poultry, seafood, liver, brown rice, yams.

Histidine: Beef, poultry, seafood, liver, brown rice, yams.

Isoleucine: Beef, poultry, seafood, brown rice, yams.

Leucine: Beef, poultry, seafood, brown rice, yams.

Lysine: Beef, poultry, seafood, brown rice, yams.

Methionine: Beef, poultry, seafood, brown rice, yams.

Phenylalanine: Beef, poultry, seafood, liver, brown rice, yams.

Threonine: Beef, poultry, seafood, brown rice, yams.

Tryptophan: Poultry, beef, seafood, brown rice, yams.

Valine: Liver, beef, poultry, seafood, brown rice, yams.

MINERALS

Development of bone, muscles, cartilage, nerves, blood chemistries, and hormones.

Calcium: Bone, nerve muscle formation, blood coagulation.

Phosphorus: Works with calcium, ratio is critical.

Potassium: Muscle and nerve function, fluid balance.

Sodium: Cell movement, including waste removal.

Chloride: Balances acids used in digestion.

Magnesium: Bone growth and production of protein.

Iron: Helps to form hemoglobin found in red blood cells.

Copper: Bone development and absorption of iron.

Manganese: Converting protein and carbohydrates into energy and regulating metabolism.

Zinc: Development and maintenance of skin and coat.

Iodine: Regulation of growth and metabolism.

Selenium: Antioxidant which protects cells.

	Beef/Lamb	Poultry	Egg	Liver	Salmon	Potato/Yam	Brown Rice	Spinach	Kelp	Fish/Safflower Oil	Supplement
Calcium							○				●
Phosphorus	●	●	○	●	●		○				
Potassium		○		○		●	○				
Sodium	○	○	○	○	○	○	○	○	○		
Chloride											●
Magnesium	●	●		●	●		●				
Iron	○			○							●
Copper	●	○	○	○	●	○		○			
Manganese				●		○	●	●			
Zinc	○	○	○	○			○				●
Iodine									●		
Selenium	○	○	○	●	○		●				

Primary Source ●

Moderate Source ○

VITAMINS

Development of bone, muscles, cartilage, nerves, blood chemistries, and hormones.

Vitamin A: Contributes to vision and other functions.

Vitamin D: Bone development, nerve and muscle control.

Vitamin E: Cell development and metabolism of fats.

Vitamin B1 (Thiamin): Converts nutrients into energy.

Vitamin B2 (Riboflavin): Growth, muscle development, skin and coat.

Vitamin B3 (Niacin): Helps enzymes function.

Vitamin B5 (Pantothenic Acid): Converts nutrients into energy.

Vitamin B6 (Pyridoxine): Processes amino acids.

Vitamin B7 (Biotin): Digestion, healthy skin and hair, metabolism, and regulating blood sugar.

Vitamin B12 (Cyanocobalamin): Production of red blood cells.

Folic Acid: Production of red blood cells.

Choline: Development of brain and liver cells.

	Beef/Lamb	Poultry	Egg	Liver	Salmon	Potato/Yam	Brown Rice	Spinach	Kelp	Fish/Safflower Oil	Supplement
Vitamin A				●		●		○			
Vitamin D				○							●
Vitamin E		○	○	○						○	●
Vitamin B1	○	○	○	○	○	○	●	●			
Vitamin B2	○	○	○	●	○	○		○			
Vitamin B3	●	○	○	●	○	○		○			
Vitamin B5	○	○	○	●	○	○		○			
Vitamin B6	●	○	○	●	○	○		○			
Vitamin B7				●		○	●	●			
Vitamin B12	○	○	○	●	○	○		○			
Folic Acid	○	○	○	●	○	○		○	●		
Choline	○	●	○	●	○			●			

Primary Source ●

Moderate Source ○


FAT

Converted into energy, and affect health and condition of skin and coat.

Linoleic Acid: Unsaturated Omega-6.

Arachidonic Acid: Saturated Omega-6.

Alpha-linolenic Acid: Omega-3.














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○	○	○	○	○					●	
●	●	○	○	●						
	○	○		●	○	○			●	

Primary Source ● Moderate Source ○

FIBER

Regulates fluid and bacteria in the intestines. Reduces risk of colon cancer and problems with anal glands.

										
					<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>			

Primary Source

Moderate Source