

Twitter Thread by John Constas



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Vitamin Cheat Sheet

Vitamin B2 + B3 = energy

Vitamin B7 = hair and nails

Vitamin B12 = blood health

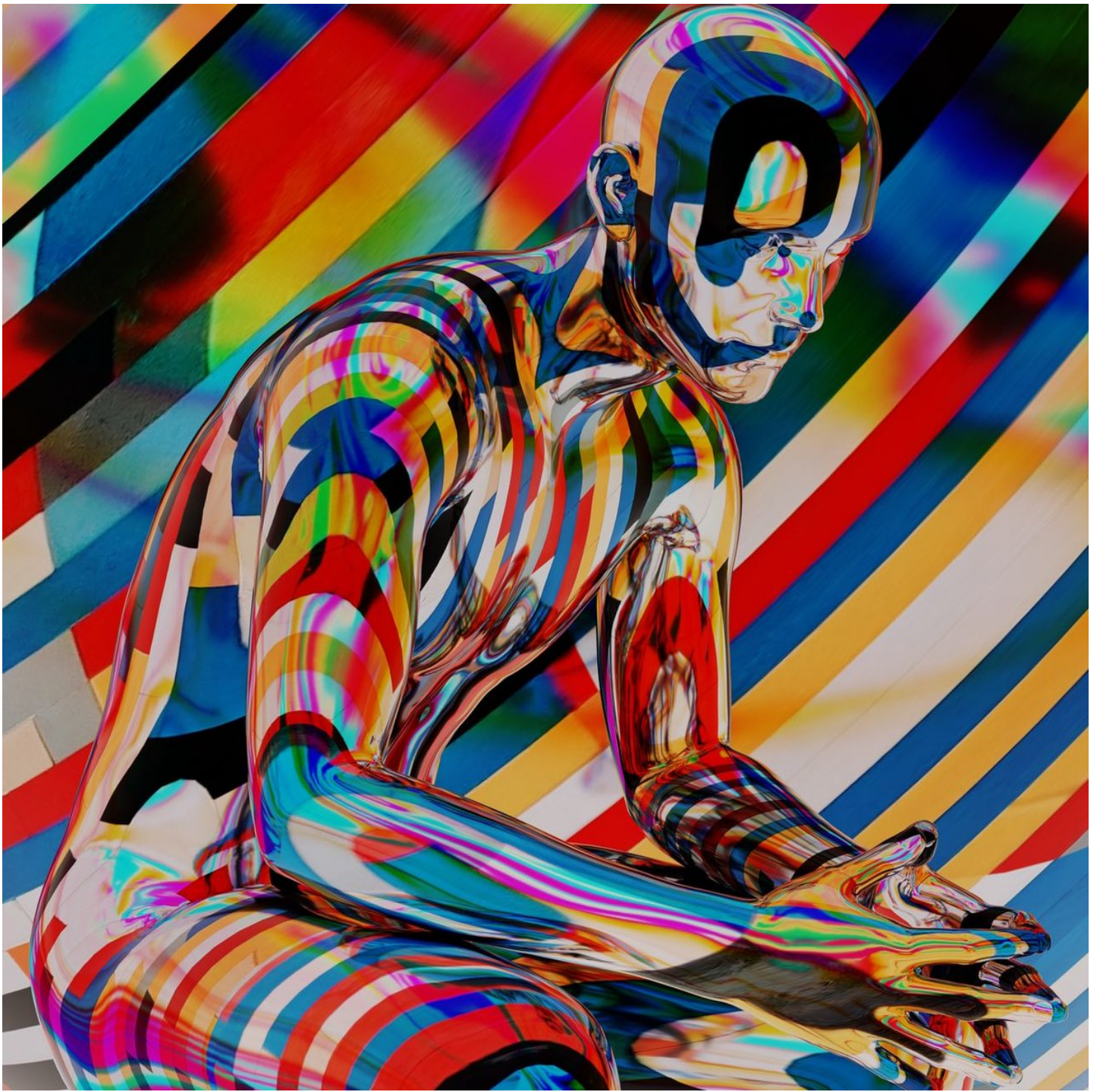
Folate = supports liver detox

Vitamin C = master antioxidant

Vitamin B1 = metabolism/stress

Vitamin A = eye + liver + immunity

Vitamin B5 + B6 = neurotransmitters



Vitamin Cheat Sheet 2

Vitamin D = immunity & sex hormones

Vitamin E = antioxidant

Vitamin K2 = arteries & bone health



Mineral Cheat Sheet

Chromium = blood sugar

Iron = oxygen transporter

Copper = iron metabolism

Iodine = thyroid hormones

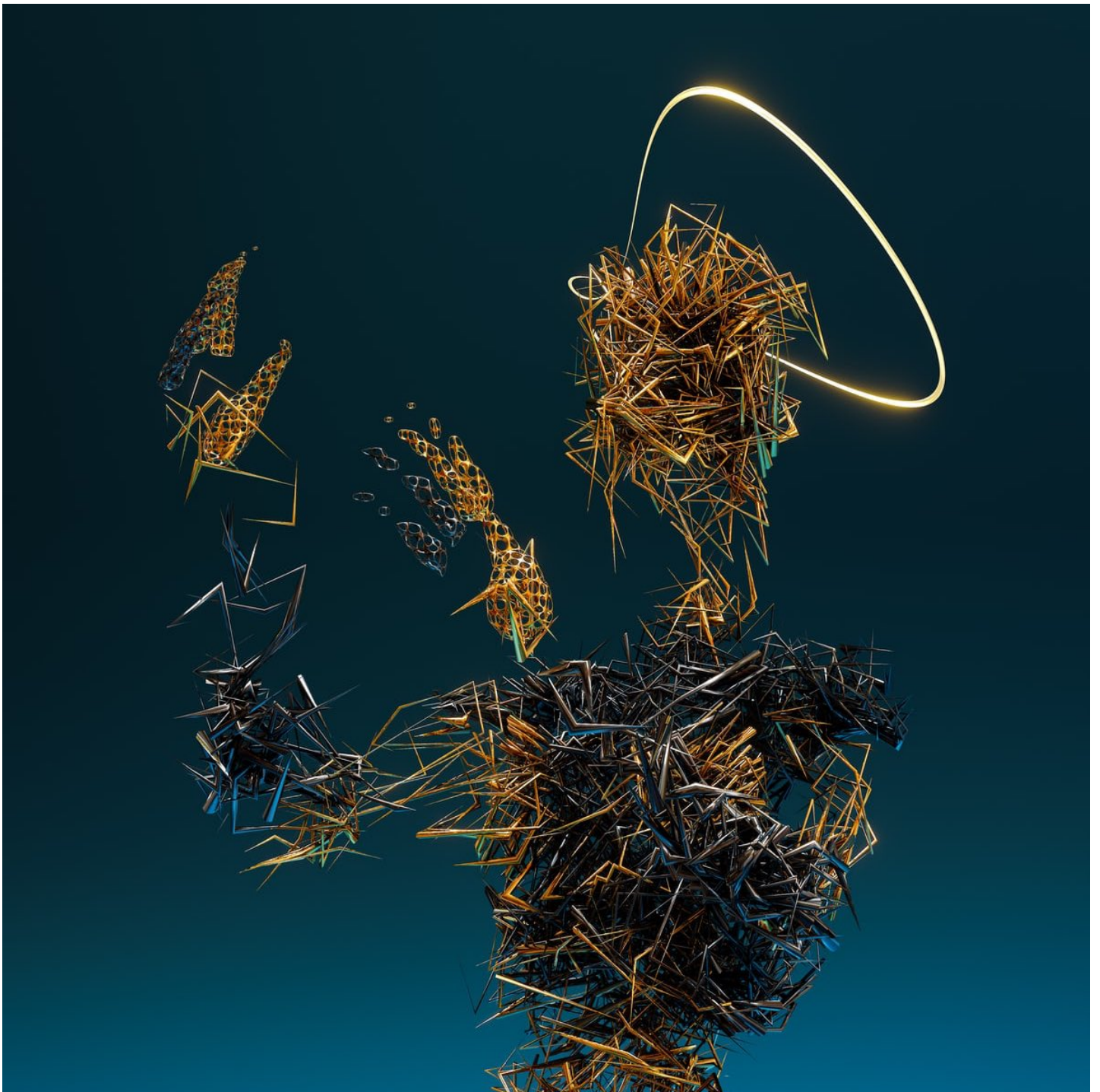
Magnesium = sleep/anxiety

Manganese = sugar metabolism

Selenium = mitochondria (energy)

Zinc = immunity/testosterone/skin

Calcium + Phosphorus = Bone health



Minerals Cheat Sheet 2

Boron = hormones/metabolism

Potassium/Sodium = heart health

Molybdenum = iron metabolism/Detox



BONUS nutrients

Inositol = brain health

Alpha-Lipoic Acid = antioxidant

Carnitine + CoQ10 = mitochondrial energy

Choline = acetylcholine (memory & muscle movement)

