

**WHOLE FOODS COOKING: RECIPES FROM VITAMIN A  
TO ZINC**

**Kathren Martir**

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**"Whole Food" Supplements Exposed! | Calton Nutrition**

Has a doctor or nutritionist ever told you, "you need to get more Vitamin 'x' in your diet," but you don't know what to eat to raise the vitamin or mineral in your.

## 8 Foods That Beat a Multivitamin

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3, Recipes for Delicious Food | Whole Foods Market whole foods cooking recipes from vitamin a to zinc volume 1 Whole plant foods contain healthy fats and.

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We are not saying that this Mega Food multivitamin is bad, we are just trying to make you aware of the fact that whole food vitamins may not be exactly what you thought there are. Did you know that a healthy amount of zinc in your diet has been linked to an improved immune system and faster wound healing? Plus, cashews have a good zinc to copper ratio, to help ensure that both of these minerals stay in balance.

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