

vegan NUTRITION - MICRONUTRIENTS & MORE!

NUTRIENT	FUNCTION / BENEFITS	VEGAN SOURCES
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MAGNESIUM

heart health, muscle and nerve function, bone health

VITAMIN D

bone health

SAMPLE

oat cereals

heart health, ...ing

nuts, legumes, whole grains

gastrointestinal health and digestion, immune health

sauerkraut, kombucha, sourdough, miso

OMEGA 3

heart health, joint health, brain development, eye health

flax seed, walnuts, algae