

NATURECAN

FIRST EDITION

VITAMINS — MINERALS

GUIDE





SUMMARY

Healthy eating is all about having a balance of different foods and nutrients in the diet for good health and wellbeing.

Having a variety of foods will increase our intake of essential vitamins and minerals our bodies require. Sometimes we need food supplements to correct nutritional deficiencies, maintain adequate intake or support specific physiological functions alongside a healthy and balanced diet.

We've put together a guide for all to support you on your health journey and which are the most convenient supplements you can take.

We would always recommend speaking to a healthcare **professional before taking any** supplement, as they should not be used as a substitute for a varied diet and are not intended to diagnose, treat, cure or prevent disease.



INTRODUCTION

WELCOME TO OUR

VITAMINS & MINERALS GUIDE

Your parents told you to eat your greens as a child for a good reason. Now that you've decided to take the extra step in your health journey, it's time to learn what vitamins and minerals are the best for you, and how you can make the most out of them.

It's safe to say the vitamin and mineral aisle is completely stocked up – confusing and overwhelming to most. So, how do you choose what's best for you?

Here at Naturecan, we have collated information on our favourite vitamins and minerals. With our comprehensive guide, you will find out exactly what they can do for your health.



WHAT IS NRV?

NRV stands for 'Nutrient Reference Value', which is a set of guidelines for 13 vitamins and 14 minerals. The purpose of these guidelines is for you to understand food or food supplement labels on the UK / EU guidance levels per daily amount of vitamins or minerals that the average healthy person needs for a balanced lifestyle.

We follow these guidelines for each of our vitamins and minerals to give you an estimate of the number of nutrients you need every day. This supports your development and maintains good health. Hence, you can trust that Naturecan's products are quality, allowing you to live a healthier lifestyle.

UK/EU DAILY REFERENCE INTAKES FOR VITAMINS & MINERALS (ADULTS)

Vitamin A (µg)	800
Vitamin D (µg)	5
Vitamin E (mg)	12
Vitamin K (µg)	75
Vitamin C (mg)	80
Thiamin (mg)	1,1
Riboflavin (mg)	1,4
Niacin (mg)	16
Vitamin B6 (mg)	1,4
Folic Acid (µg)	200
Vitamin B12 (µg)	2,5
Biotin (µg)	50
Pantothenic Acid (mg)	6
Potassium (mg)	2,000

Chloride (mg)	800
Calcium (mg)	800
Phosphorus (mg)	700
Magnesium (mg)	375
Iron (mg)	14
Zinc (mg)	10
Copper (mg)	1
Manganese (mg)	2
Fluoride (mg)	3,5
Selenium (µg)	55
Chromium (µg)	40
Molybdenum (µg)	50
Iodine (µg)	150

VITAMIN B12

A convenient way to get your recommended daily intake of Vitamin B12 is through our Naturecan tablets.

Vitamin B12 deficiency can affect us all (vegans included) and is something that we should all be aware of. Consuming certain foods can enhance your intake of vitamin B12.

It can be difficult to consume enough vitamin B12 from your diet alone, especially if you're 100% plant-based. This is because this vitamin is water soluble and found mostly in foods such as:

Meat
Fish
Milk (Fortified milk)
Eggs
Enriched nutritional yeast
Fortified cereals



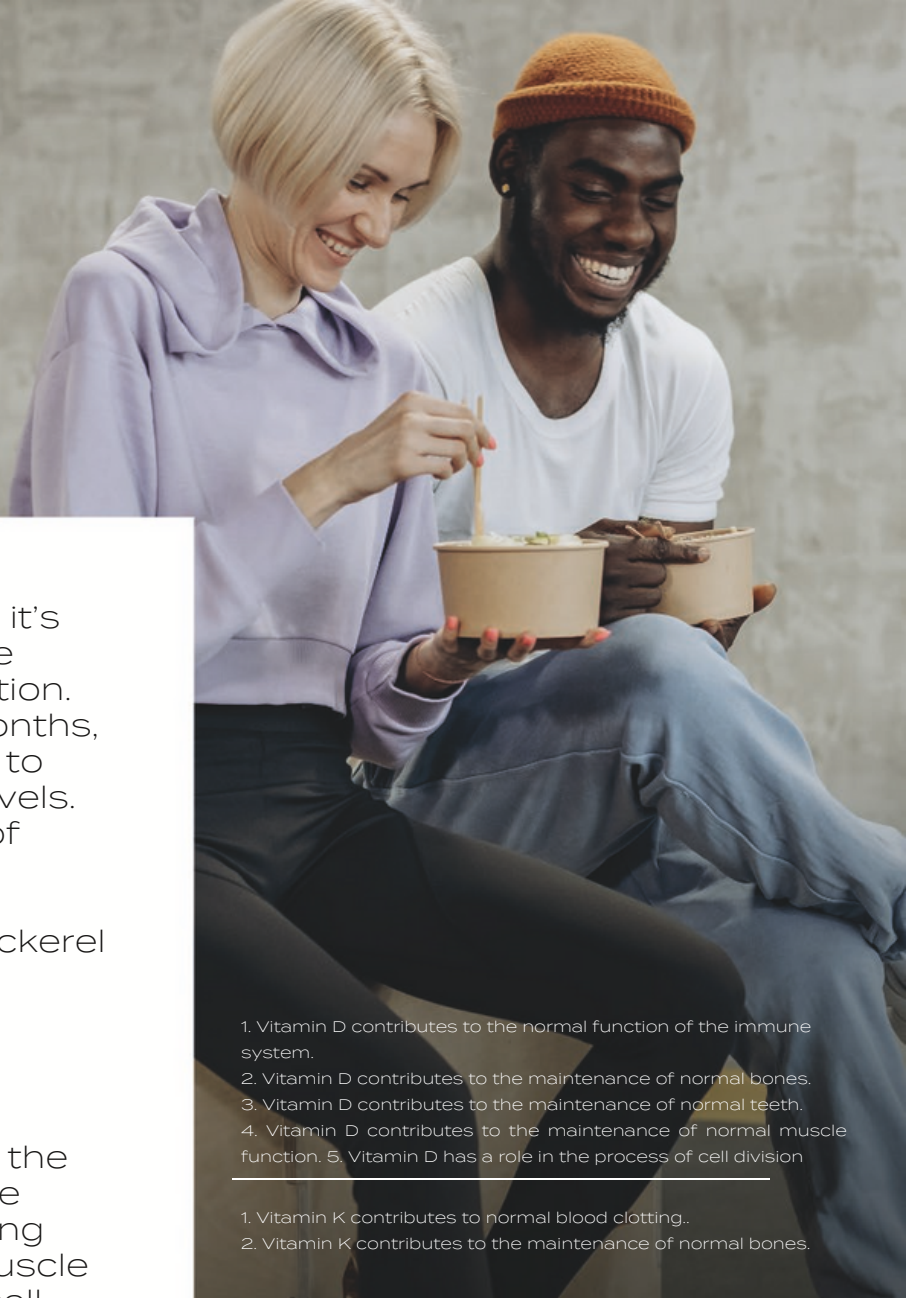
1. Vitamin B12 contributes to the normal function of the immune system.
2. Vitamin B12 contributes to the reduction of tiredness and fatigue.
3. Vitamin B12 has a role in the process of cell division.
4. Vitamin B12 contributes to normal psychological function.
5. Vitamin B12 contributes to normal energy-yielding metabolism.

What are the benefits of Vitamin B12?

With 510µg of vitamin B12 per serving, our high-strength supplement plays a role in the normal function of the immune system (1), contributing to the reduction of tiredness (2), supporting normal red blood cell formation (3), normal psychological function (4) and energy-yielding metabolism (5).

Plus, our Vitamin B12 tablets are made with plant-based ingredients, a vegan-friendly way to supplement your diet.

VITAMIN D3 & K2



Vitamin D3 can be difficult to absorb through food alone, as it's mainly produced when you are exposed to the sun's UV radiation. However, during the winter months, many people are not exposed to enough sunlight for optimal levels. Here are some food sources of Vitamin D3 through

Oily fish - such as salmon, mackerel and sardines
Liver and red meats
Fortified cereals
Egg yolks

Vitamin D is known to support the normal function of the immune system (1) as well as maintaining normal bones (2), teeth (3), muscle function (4) and has a role in cell division (5). There are many food sources of vitamin D.

1. Vitamin D contributes to the normal function of the immune system.
2. Vitamin D contributes to the maintenance of normal bones.
3. Vitamin D contributes to the maintenance of normal teeth.
4. Vitamin D contributes to the maintenance of normal muscle function.
5. Vitamin D has a role in the process of cell division

1. Vitamin K contributes to normal blood clotting..
2. Vitamin K contributes to the maintenance of normal bones.



Vitamin K2 is known to contribute to normal blood clotting and maintain normal bones (1, 2). This essential vitamin has been shown in studies to aid in bone health. Sources of vitamin K can be found in certain foods including:

Kale
Green leafy greens - such as broccoli and spinach
Vegetable oils
Cereal grains
Chicken / Pork
Egg yolks
Soft cheese

Our convenient daily Vitamin D3 & K2 tablet is perfect for gym-goers.

ZMA

ZINC, MAGNESIUM, & ASPARTATE

Zinc is known to contribute to normal cognitive function (1). You should be able to get all the zinc you need from your daily diet. However, if you need a boost in Zinc, why not try our ZMA to meet your daily needs. Good sources of foods containing zinc include:

Meat
Whole grains
Bread
Dairy foods - such as cheese/milk
Shellfish

Magnesium is one of the unsung heroes of the mineral world. Magnesium contributes to the reduction in fatigue, metabolism, the nervous system and many other functions in the body(1,2,3). Getting the right magnesium intake is vital for the body, as, without it, we can feel exhausted quickly. Foods containing magnesium include:

Spinach
Whole grains / Nuts
wholemeal bread

Vitamin B6 plays an important role in our diets, including the normal function of the immune system (1), reduction in tiredness and fatigue (2), supporting normal functioning of the nervous system (3), normal protein and glycogen metabolism (4), and normal psychological function (5). Vitamin B6 can be found in many foods including:

Poultry - such as chicken/turkey
Soya beans
Oats
Cold-water fish - such as salmon/tuna
Fortified cereals
Bananas

Get the potential benefits of zinc, magnesium and vitamin B6, playing an important role in everyday well-being with our patented ZMA® blend.



1.Zinc contributes to normal cognitive function

1.Magnesium contributes to a reduction of tiredness and fatigue
2.Magnesium contributes to normal energy-yielding metabolism
3.Magnesium contributes to normal functioning of the nervous system

1. Vitamin B6 contributes to the normal function of the immune system.
2. Vitamin B6 contributes to the reduction of tiredness and fatigue.
3. Vitamin B6 contributes to normal functioning of the nervous system.
4. Vitamin B6 contributes to normal protein and glycogen metabolism.
5. Vitamin B6 contributes to normal psychological function.

VITAMIN C

Vitamin C is a water soluble vitamin that supports the immune system (1) – your body's natural defence. Helping to increase iron absorption, reducing tiredness and fatigue and contributing to the normal formation of bones, teeth, gums and skin (2,3,4,5,6)

Vitamin C can help to reduce tiredness and fatigue, protect cells from oxidative stress, and support your metabolism (2,3,4), it's essential for keeping you feeling healthy.

Vitamin C can be found in a wide variety of fruit and vegetables including:

Citrus fruits - such as oranges, lemons and grapefruits
Strawberries
Blackcurrants
Peppers
Spinach
Broccoli
Brussels sprouts

If you want to increase your vitamin C intake, our convenient Vitamin C capsules give you your must-needed daily vitamin C requirements without the fuss, so supplementing fits your schedule. Plus, they're vegan-friendly.

1. Vitamin C increases iron absorption.
2. Vitamin C contributes to the reduction of tiredness and fatigue.
3. Vitamin C contributes to normal collagen formation for the normal function of bones.
4. Vitamin C contributes to normal collagen formation for the normal function of teeth.
5. Vitamin C contributes to normal collagen formation for the normal function of gums.
6. Vitamin C contributes to normal collagen formation for the normal function of the skin.



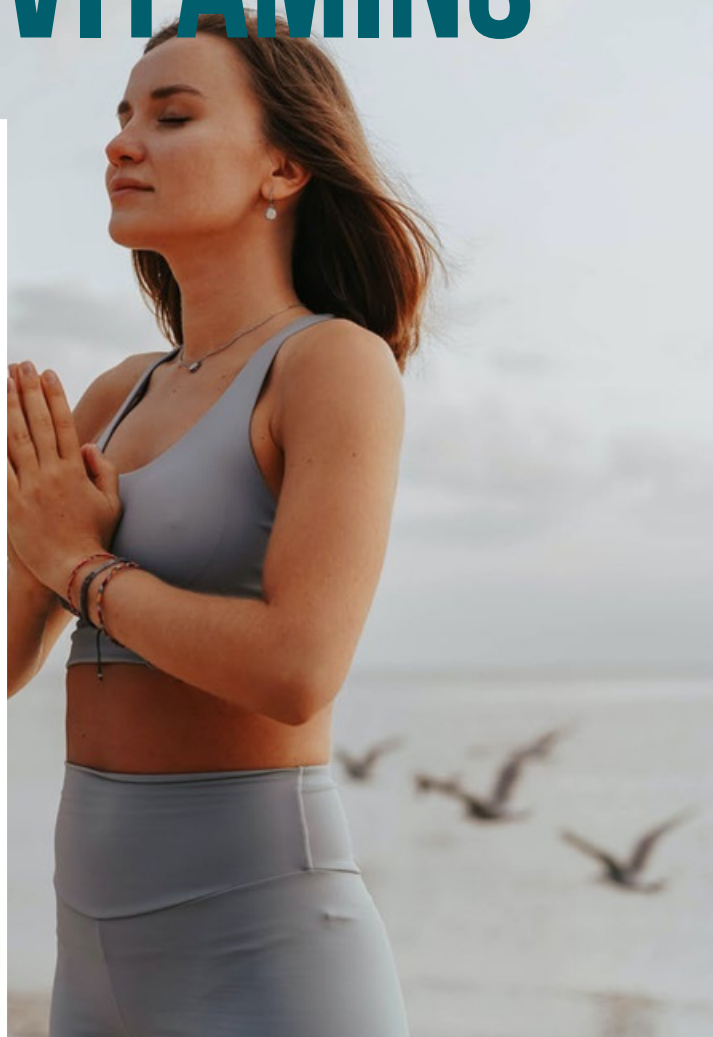
NATURECAN

VEGAN MULTIVITAMINS

If you need a simple and convenient multivitamin, look no further than our [Vegan Multivitamins](#) – the ultimate blend of 23 essential vitamins and minerals, designed to deliver the perfect daily dosage with three convenient capsules.

Offering a blend of our formula which **delivers vitamin A, vitamin B12, vitamin C, vitamin D3, vitamin E, vitamin K, Biotin, Folic Acid, Iron, Zinc, Magnesium and more – helping** to support both your body and wellbeing, whatever your schedule.

Created with 100% plant-based ingredients, these are the ideal vitamins for everyone – helping you to get the nutrients your body needs while maintaining a plant-based diet.



What vitamins and minerals should I take?

When it comes to supplementing vitamins and minerals, make sure to speak with a healthcare professional but also to have a balanced and varied diet.

So, 'what vitamins should I take?' Still not sure where to start? Check out our [Naturecan's Vegan Multivitamin](#).

NATURECAN'S VITAMIN & MINERAL BREAKDOWN

VITAMIN B12

Major Functions: Immune system, reduce tiredness, red blood cell formation, psychological function, metabolism

Food Sources: Meat, fish, milk/ fortified milk, eggs, enriched nutritional yeast, fortified cereals

Naturecans Per Daily Serving: 510µg

NRV (Nutrient Reference Value): 2.5µg

VITAMIN C

Major Functions: Fatigue, oxidative stress, metabolism

Food Sources: Oranges, lemons, grapefruits, Strawberries, Blackcurrants, Peppers, Spinach, Broccoli, Brussels sprouts

Naturecans Per Daily Serving: 500mg

NRV (Nutrient Reference Value): 80mg

VITAMIN D3 & K2

Major Functions: Bone, heart & teeth health, muscle function, cell division

Food Sources: Salmon, mackerel, sardines, Liver, red meats, Fortified cereals, Egg yolk, Kale, Broccoli, Vegetable oils, Cereal grains, Chicken / Pork, Soft cheese

Naturecans Per Daily Serving: Vitamin D - 125µg / Vitamin K - 100µg

NRV (Nutrient Reference Value): Vitamin D - 5µg / Vitamin K - 75µg

NATURECAN'S VITAMIN & MINERAL BREAKDOWN

VEGAN MULTIVITAMINS

Major Functions: Immunity, energy, reduced fatigue

Food Sources: Fortified milk, eggs, seeds, nuts

Naturecans Per Daily Serving: Calcium - 400mg, Magnesium - 188mg, Vitamin C - 80mg, Niacin - 16mg, Iron 14m, Vitamin E - 12mg, Zinc - 10mg, Pantothenic Acid - 6mg, Manganese - 2mg, Vitamin B6 - 1.4mg, Vitamin B2 - 1.4mg, Vitamin B1 - 1.1mg, Copper - 1mg, Vitamin A - 640µg, Folic Acid - 200µg, Iodine - 150µg, Vitamin K - 75µg, Selenium - 55µg, Molybdenum - 50µg, Biotin - 50µg, Chromium - 40µg, Vitamin D3 - 5µg, Vitamin B12 - 2.5µg

NRV (Nutrient Reference Value): Calcium - 800mg, Magnesium - 375mg, Vitamin C - 80mg, Niacin - 16mg, Iron 14mg, Vitamin E - 12mg, Zinc - 10mg, Pantothenic Acid - 6mg, Manganese - 2mg, Vitamin B6 - 1.4mg, Vitamin B2 - 1.4mg, Vitamin B1 - 1.1mg, Copper - 1mg, Vitamin A - 800µg, Folic Acid - 200µg, Iodine - 150µg, Vitamin K - 75µg, Selenium - 55µg, Molybdenum - 50µg, Biotin - 50µg, Chromium - 40µg, Vitamin D3 - 5µg, Vitamin B12 - 2.5µg

ZMA

Major Functions: Immune response, muscle movement, nervous system, reduce fatigue, metabolism

Food Sources: Cheese, milk, Whole grains, Bread, Shellfish, Spinach, Nuts, Whole grains, Wholemeal bread

Naturecans Per Daily Serving: Zinc - 10mg / Magnesium - 150mg
Vitamin B6 - 3.5mg

NRV (Nutrient Reference Value): Zinc - 10mg / Magnesium - 375mg
Vitamin B6 - 1.4mg

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2022

