



Dr. Judy's Constitution: Earth Element

INGREDIENTS

Chicken Leg Quarters
Pork Heart
Chicken Gizzards
Carrots
Beef Liver
Butternut Squash
Organic Collards
Turnips
Shiitake Mushrooms
Ginger Root, Raw
Wild Caught Cod Liver Oil
Turmeric
Organic Sea Kelp
Sea Salt
Organic Wheatgrass

NUTRITIONAL ANALYSIS: MACRONUTRIENTS

Nutrient content of natural foods vary. Nutrient numbers are averages.

Composition	As Formulated	DM	% kcal
Protein	13.96%	57.72%	48.49%
Fat	5.71%	23.61%	44.62%
Ash	1.88%	7.76%	
Moisture	75.80%		
Fiber	0.66%	2.71%	
Net Carbs	1.98%	8.20%	6.89%
Sugars	0.64%	2.65%	2.23%
Starch	0.53%	2.19%	1.84%
Total			100%

CALORIES | ENERGY

kcal / oz	32.66
kcal per pound	522.57
kcal / day	987.18
kcal / kg	1,152.05
kcal per kg DM	4,761.26
keto ratio (g fat/ (g protein + g net carb))	0.36

MINERALS

Micronutrients calculated at amount per 1000 kcal of food, per AAFCO standards.

	Unit	Min	Max	Recipe
Ca, Calcium	g	1.25	6.25	3.45
P, Phosphorous	g	1	4	2.74

Ca: P (Calcium to Phos Ratio)	ratio	1 : 1	2.1	1.26 : 1
Vit K	g	1.5	0	2.26
Na, Sodium	g	0.2	0	0.94
Mg, Magnesium	g	0.15	0	0.25
Cl, Chloride	g	0.3	0	0.96
Fe, Iron	mg	10	0	21.48
Cu, Copper	mg	1.83	0	5.14
Mn, Manganese	mg	1.25	0	11.16
Zn, Zinc	mg	20	0	21.42
I, Iodine	mg	0.25	2.75	0.87
Se, Selenium	mg	0.08	0.5	0.11

VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Vit A	IU	1,250.00	62,500.00	24,495.09
Vit C	mg	0	0	55.68
Vit D	IU	125	750	261.26
Vit E	IU	12.5	0	41.46
B1, Thiamine	mg	0.56	0	2.62
B2, Riboflavin	mg	1.3	0	23.08
B3, Niacin	mg	3.4	0	60.76
B5, Pantothenic Acid	mg	3	0	16.21
B6 (Pyridoxine)	mg	0.38	0	5.36
B12	mg	0.01	0	0.04
B9, Folic Acid	mg	0.05	0	0.26
Choline	mg	340	0	787.28
K1	mg	0	0	187.2
Biotin	mg	0	0	0.51

FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total	g	13.8	0	49.58
Saturated	g	0	0	13.89
Monounsaturated	g	0	0	17.78
Polyunsaturated	g	0	0	11.25
LA	g	2.8	0	8.79
ALA	g	0	0	0.62
AA	g	0	0	1.04
EPA + DHA	g	0	0	0.53
EPA	g	0	0	0.19
DPA	g	0	0	0.08
DHA	g	0	0	0.34
omega-6/omega-3	ratio		30:1	8.61 : 1

AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total protein	g	45	0	121.22
Tryptophan	g	0.4	0	1.37
Threonine	g	1.2	0	5.33
Isoleucine	g	0.95	0	6.02
Leucine	g	1.7	0	9.83

Lysine	g	1.58	0	9.76
Methionine	g	0.83	0	3.21
Methionine - cystine	g	1.63	0	5.07
Phenylalanine	g	1.13	0	5.21
Phenylalanine - tyrosine	g	1.85	0	9.3
Valine	g	1.23	0	6.24
Arginine	g	1.28	0	8.08
Histidine	g	0.48	0	3.27
Purines	mg	0	0	627.49
Taurine	g	0	0	0.29

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Dr. Judy's Constitution: Fire Element

INGREDIENTS

Pork Heart
Turkey Wings
Beef Heart
Chicken Gizzards
Carrots
Organic Kale
Beef Liver
Organic Spinach
Butternut Squash
Turnips
Shiitake Mushrooms
Radishes
Beef Tongue
Ginger Root, Raw
Flaxseed Milled
Organic Wheatgrass
Turmeric
Organic Sea Kelp
Wild Caught Cod Liver Oil

NUTRITIONAL ANALYSIS: MACRONUTRIENTS

Nutrient content of natural foods vary. Nutrient numbers are averages.

Composition	As Formulated	DM	% kcal
Protein	13.34%	49.49%	36.85%
Fat	9.21%	34.15%	57.23%
Ash	1.47%	5.44%	
Moisture	73.04%		
Fiber	0.80%	2.98%	
Net Carbs	2.14%	7.94%	5.91%
Sugars	0.75%	2.78%	2.07%
Starch	0.37%	1.36%	1.01%
Total			100%

CALORIES | ENERGY

kcal / oz	41.05
kcal per pound	656.76
kcal / kg	1,447.88
kcal per kg DM	5,370.92
keto ratio (g fat/ (g protein + g net carb))	0.59

MINERALS

Micronutrients are calculated at amount per 1000 kcal of food, per AAFCO standards.

	Unit	Min	Max	Recipe
Ca, Calcium	g	1.25	6.25	1.98

P, Phosphorous	g	1	4	1.81
Ca: P (Calcium to Phos Ratio)	ratio	1 : 1	2.1	1.09 : 1
Vit K	g	1.5	0	1.95
Na, Sodium	g	0.2	0	0.44
Mg, Magnesium	g	0.15	0	0.18
Cl, Chloride	g	0.3	0	0.3
Fe, Iron	mg	10	0	19.74
Cu, Copper	mg	1.83	0	3.82
Mn, Manganese	mg	1.25	0	41.13
Zn, Zinc	mg	20	0	30.35
I, Iodine	mg	0.25	2.75	0.57
Se, Selenium	mg	0.08	0.5	0.09

VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Vit A	IU	1,250.00	62,500.00	18,943.77
Vit C	mg	0	0	72.88
Vit D	IU	125	750	177.71
Vit E	IU	12.5	0	145.38
B1, Thiamine	mg	0.56	0	4.53
B2, Riboflavin	mg	1.3	0	78.12
B3, Niacin	mg	3.4	0	104.51
B5, Pantothenic Acid	mg	3	0	19.31
B6 (Pyridoxine)	mg	0.38	0	13.39
B12	mg	0.01	0	0.03
B9, Folic Acid	mg	0.05	0	0.21
Choline	mg	340	0	661.89
K1	mg	0	0	336.71
Biotin	mg	0	0	0.32

FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total	g	13.8	0	63.59
Saturated	g	0	0	21.12
Monounsaturated	g	0	0	23.01
Polyunsaturated	g	0	0	10.22
LA	g	2.8	0	7.48
ALA	g	0	0	1.47
AA	g	0	0	0.75
EPA + DHA	g	0	0	0.16
EPA	g	0	0	0.08
DPA	g	0	0	0.02
DHA	g	0	0	0.09
omega-6/omega-3	ratio		30:1	5.03 : 1

AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total protein	g	45	0	63.59
Tryptophan	g	0.4	0	21.12
Threonine	g	1.2	0	23.01

Isoleucine	g	0.95	0	10.22
Leucine	g	1.7	0	7.48
Lysine	g	1.58	0	1.47
Methionine	g	0.83	0	0.75
Methionine - cystine	g	1.63	0	0.16
Phenylalanine	g	1.13	0	0.08
Phenylalanine - tyrosine	g	1.85	0	0.02
Valine	g	1.23	0	0.09
Arginine	g	1.28	0	5.03 : 1
Histidine	g	0.48	0	2.59
Purines	mg	0	0	581.63
Taurine	g	0	0	0.34

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Dr. Judy's Constitutions : Metal Element

INGREDIENTS

Turkey Finely Textured
 Turkey Trim
 Turkey Wings
 Butternut Squash
 Pork Liver
 Organic Spinach
 Organic Apples
 Shiitake Mushrooms
 Organic Wheatgrass
 Thyme, Dried
 Organic Sea Kelp
 Wild Caught Cod Liver Oil
 Sea Salt, Merisal

NUTRITIONAL ANALYSIS: MACRONUTRIENTS

Nutrient content of natural foods vary. Nutrient numbers are averages.

<i>Composition</i>	<i>As Formulated</i>	<i>DM</i>	<i>% kcal</i>
Protein	14.45%	54.80%	42.69%
Fat	7.80%	29.56%	51.82%
Ash	1.61%	6.10%	
Moisture	73.63%		
Fiber	0.65%	2.48%	
Net Carbs	1.86%	7.05%	5.49%
Sugars	0.78%	2.96%	2.31%
Starch	0.74%	2.80%	2.18%
Total			100%

CALORIES | ENERGY

kcal / oz	38.39
kcal per pound	614.2
kcal / kg	1,354.05
kcal per kg DM	5,134.76
keto ratio (g fat/ (g protein + g net carb))	0.48

MINERALS

Micronutrients are calculated at amount per 1000 kcal of food, per AAFCO standards.

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Ca, Calcium	g	1.25	6.25	1.97
P, Phosphorous	g	1	4	1.69

Ca: P (Calcium to Phos Ratio)	ratio	1 : 1	2.1	1.16 : 1
Vit K	g	1.5	0	2.08
Na, Sodium	g	0.2	0	0.67
Mg, Magnesium	g	0.15	0	0.19
Cl, Chloride	g	0.3	0	0.34
Fe, Iron	mg	10	0	25.31
Cu, Copper	mg	1.83	0	1.84
Mn, Manganese	mg	1.25	0	84.92
Zn, Zinc	mg	20	0	51.26
I, Iodine	mg	0.25	2.75	0.6
Se, Selenium	mg	0.08	0.5	0.15

VITAMINS

	Unit	Min	Max	Recipe
Vit A	IU	1,250.00	62,500.00	24,014.76
Vit C	mg	0	0	45.44
Vit D	IU	125	750	186.52
Vit E	IU	12.5	0	291.76
B1, Thiamine	mg	0.56	0	7.09
B2, Riboflavin	mg	1.3	0	158.51
B3, Niacin	mg	3.4	0	191.29
B5, Pantothenic Acid	mg	3	0	29.61
B6 (Pyridoxine)	mg	0.38	0	26.72
B12	mg	0.01	0	0.02
B9, Folic Acid	mg	0.05	0	0.24
Choline	mg	340	0	452.97
K1	mg	0	0	184.24
Biotin	mg	0	0	0.04

FATS

	Unit	Min	Max	Recipe
Total	g	13.8	0	57.58
Saturated	g	0	0	17.49
Monounsaturated	g	0	0	19.18
Polyunsaturated	g	0	0	17.05
LA	g	2.8	0	13.73
ALA	g	0	0	1.05
AA	g	0	0	0.61
EPA + DHA	g	0	0	0.18
EPA	g	0	0	0.07
DPA	g	0	0	0.06
DHA	g	0	0	0.11
omega-6/omega-3	ratio		30:1	11.64 : 1

AMINO ACIDS

	Unit	Min	Max	Recipe
Total protein	g	45	0	106.72
Tryptophan	g	0.4	0	1.15
Threonine	g	1.2	0	4.71
Isoleucine	g	0.95	0	5.06
Leucine	g	1.7	0	8.59

Lysine	g	1.58	0	9.53
Methionine	g	0.83	0	2.86
Methionine - cystine	g	1.63	0	3.91
Phenylalanine	g	1.13	0	4.08
Phenylalanine - tyrosine	g	1.85	0	7.67
Valine	g	1.23	0	4.45
Arginine	g	1.28	0	6.85
Histidine	g	0.48	0	3.39
Purines	mg	0	0	192.65
Taurine	g	0	0	0.17

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Dr. Judy's Constitutions: Water Element

INGREDIENTS

Chicken Leg Quarters
 Boneless Pork
 Butternut Squash
 Beef Kidney
 Pork Liver
 Organic Asparagus
 Organic Green Beans
 Organic Sweet Red Peppers
 Cranberries
 Whole Egg w/ Shell
 Ginger Root, Fresh
 Mussels
 Parsley, Dried
 Organic Wheatgrass
 Wild Caught Cod Liver Oil
 Organic Sea Kelp
 Sea Salt

NUTRITIONAL ANALYSIS: MACRONUTRIENTS

Nutrient content of natural foods vary. Nutrient numbers are averages.

Composition	As Formulated	DM	% kcal
Protein	12.97%	46.47%	35.09%
Fat	9.77%	35%	59.47%
Ash	2.45%	8.77%	
Moisture	72.08%		
Fiber	0.71%	2.54%	
Net Carbs	2.01%	7.21%	5.45%
Sugars	0.41%	1.47%	1.11%
Starch	0.75%	2.70%	2.04%
Total			100%

CALORIES | ENERGY

kcal / oz	41.92
kcal per pound	670.78
kcal / kg	1,478.80
kcal per kg DM	5,297.42
keto ratio (g fat/ (g protein + g net carb))	0.65

MINERALS

Micronutrients calculated at amount per 1000 kcal of food, per AAFCO standards.

	Unit	Min	Max	Recipe
Ca, Calcium	g	1.25	6.25	4.44

P, Phosphorous	g	1	4	2.57
Ca: P (Calcium to Phos Ratio)	ratio	1 : 1	2.1	1.73 : 1
Vit K	g	1.5	0	1.71
Na, Sodium	g	0.2	0	0.56
Mg, Magnesium	g	0.15	0	0.23
Cl, Chloride	g	0.3	0	0.42
Fe, Iron	mg	10	0	24.05
Cu, Copper	mg	1.83	0	1.68
Mn, Manganese	mg	1.25	0	65.96
Zn, Zinc	mg	20	0	40.26
I, Iodine	mg	0.25	2.75	0.32
Se, Selenium	mg	0.08	0.5	0.17

VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Vit A	IU	1,250.00	62,500.00	19,741.88
Vit C	mg	0	0	96.42
Vit D	IU	125	750	146.5
Vit E	IU	12.5	0	229.28
B1, Thiamine	mg	0.56	0	6.45
B2, Riboflavin	mg	1.3	0	124.43
B3, Niacin	mg	3.4	0	147.87
B5, Pantothenic Acid	mg	3	0	25.79
B6 (Pyridoxine)	mg	0.38	0	20.23
B12	mg	0.01	0	0.03
B9, Folic Acid	mg	0.05	0	0.23
Choline	mg	340	0	351.36
K1	mg	0	0	64.32
Biotin	mg	0	0	0.12

FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total	g	13.8	0	66.08
Saturated	g	0	0	21.15
Monounsaturated	g	0	0	27.84
Polyunsaturated	g	0	0	11.38
LA	g	2.8	0	9.47
ALA	g	0	0	0.6
AA	g	0	0	0.58
EPA + DHA	g	0	0	0.35
EPA	g	0	0	0.11
DPA	g	0	0	0.08
DHA	g	0	0	0.23
omega-6/omega-3	ratio		30:1	10.58 : 1

AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total protein	g	45	0	87.72
Tryptophan	g	0.4	0	1.06
Threonine	g	1.2	0	3.68
Isoleucine	g	0.95	0	4.36

Leucine	g	1.7	0	6.72
Lysine	g	1.58	0	7.13
Methionine	g	0.83	0	2.32
Methionine - cystine	g	1.63	0	3.42
Phenylalanine	g	1.13	0	3.67
Phenylalanine - tyrosine	g	1.85	0	6.63
Valine	g	1.23	0	4.66
Arginine	g	1.28	0	6.01
Histidine	g	0.48	0	2.74
Purines	mg	0	0	424.83
Taurine	g	0	0	0.21

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Dr. Judy's Constitutions: Wood Element

INGREDIENTS

Pork Heart
Turkey Wing
Chicken Gizzard
Carrots
Cucumbers
Beef Liver
Organic Kale
Organic Celery
Cabbage
Organic Apples
Basil
Turmeric
Wild Caught Cod Liver Oil
Organic Kelp
Organic Wheatgrass

NUTRITIONAL ANALYSIS: MACRONUTRIENTS

Nutrient content of natural foods vary. Nutrient numbers are averages.

Composition	As Formulated	DM	% kcal
Protein	13.55%	58.58%	48.94%
Fat	5.23%	22.63%	42.54%
Ash	1.35%	5.84%	
Moisture	76.88%		
Fiber	0.64%	2.76%	
Net Carbs	2.36%	10.20%	8.52%
Sugars	1%	4.32%	3.61%
Starch	0.17%	0.73%	0.61%
Total			100%

CALORIES | ENERGY

kcal / oz	31.38
kcal per pound	502.15
kcal / kg	1,107.03
kcal per kg DM	4,787.69
keto ratio (g fat/ (g protein + g net carb))	0.34

MINERALS

Micronutrients are calculated at amount per 1000 kcal of food, per AAFCO standards.

	Unit	Min	Max	Recipe
Ca, Calcium	g	1.25	6.25	2.52
P, Phosphorous	g	1	4	2.3

Ca: P (Calcium to Phos Ratio)	ratio	1 : 1	2.1	1.09 : 1
Vit K	g	1.5	0	2.36
Na, Sodium	g	0.2	0	0.51
Mg, Magnesium	g	0.15	0	0.2
Cl, Chloride	g	0.3	0	0.27
Fe, Iron	mg	10	0	26.02
Cu, Copper	mg	1.83	0	4.71
Mn, Manganese	mg	1.25	0	22.07
Zn, Zinc	mg	20	0	27.45
I, Iodine	mg	0.25	2.75	0.55
Se, Selenium	mg	0.08	0.5	0.11

VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Vit A	IU	1,250.00	62,500.00	18,524.67
Vit C	mg	0	0	79.01
Vit D	IU	125	750	143.27
Vit E	IU	12.5	0	77.25
B1, Thiamine	mg	0.56	0	4.16
B2, Riboflavin	mg	1.3	0	44.31
B3, Niacin	mg	3.4	0	80.13
B5, Pantothenic Acid	mg	3	0	19.02
B6 (Pyridoxine)	mg	0.38	0	8.83
B12	mg	0.01	0	0.04
B9, Folic Acid	mg	0.05	0	0.21
Choline	mg	340	0	942.08
K1	mg	0	0	312.13
Biotin	mg	0	0	0.37

FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total	g	13.8	0	47.26
Saturated	g	0	0	12.29
Monounsaturated	g	0	0	14.29
Polyunsaturated	g	0	0	12.46
LA	g	2.8	0	9.69
ALA	g	0	0	0.83
AA	g	0	0	1.27
EPA + DHA	g	0	0	0.17
EPA	g	0	0	0.08
DPA	g	0	0	0.02
DHA	g	0	0	0.1
omega-6/omega-3	ratio		30:1	10.96 : 1

AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>
Total protein	g	45	0	122.36
Tryptophan	g	0.4	0	1.36
Threonine	g	1.2	0	5.23
Isoleucine	g	0.95	0	5.33
Leucine	g	1.7	0	10.19

Lysine	g	1.58	0	10.13
Methionine	g	0.83	0	3.1
Methionine - cystine	g	1.63	0	4.91
Phenylalanine	g	1.13	0	5.06
Phenylalanine - tyrosine	g	1.85	0	9.06
Valine	g	1.23	0	5.82
Arginine	g	1.28	0	8.08
Histidine	g	0.48	0	3.12
Purines	mg	0	0	452.81
Taurine	g	0	0	0.37

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