6 ESSENTIAL NUTRIENTS

CARBS

PROTEIN

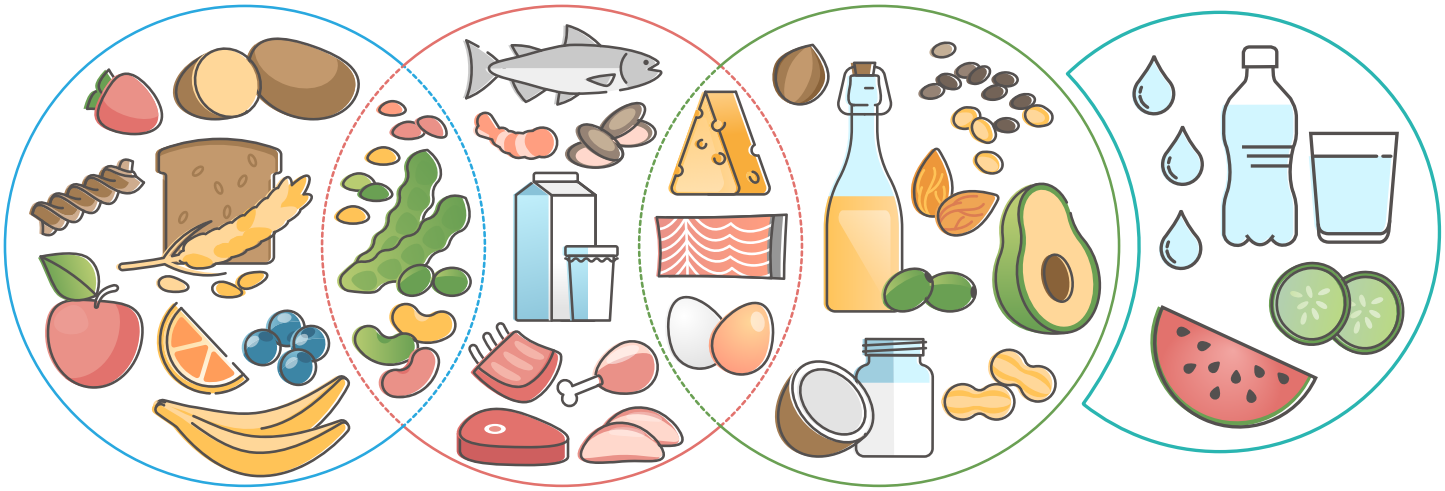
FATS

WATER

MINERALS

VITAMINS

MACRONUTRIENTS



CARBS PROTEINS FATS WATER

MICRONUTRIENTS

calcium
phosphorus
potassium • sodium
chloride • magnesium
iron • zinc • iodine • sulfur
cobalt • copper
fluoride • manganese
selenium

MINERALS

A D E K

C B1 B2 B3
B6 B12 B5
B7 B9

VITAMINS