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<b>NUTRIENT</b>	<b>WHOLE FOOD</b>	<b>SYNTHETIC/INFERIOR</b>	<b>RESEARCH</b>
Vitamin A	Carrots	Palmitate	[1][2][3][10]
Vitamin B	Nutritional Yeast	Thiamin, Riboflavin, etc.	[3][4]
Vitamin C	Cherries Citrus Fruit	Ascorbic acid	[5][6][7]
Vitamin D	Sweet Potatoes, Sun	Calciferol	[8]
Vitamin E	Dark Greens, Nuts, Seeds	dl tocopherols	[9][14]
Minerals	Amino Acid Chelated	Citrates, Carbonates Oxides, Sulfate, etc	[11][12][13]
Probiotics	DDS-1, Stabilized Flora	Non-Stabilized Flora	[15]
Enzymes	Plant Enzymes	Pancreatin, Hcl	[16][17]

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