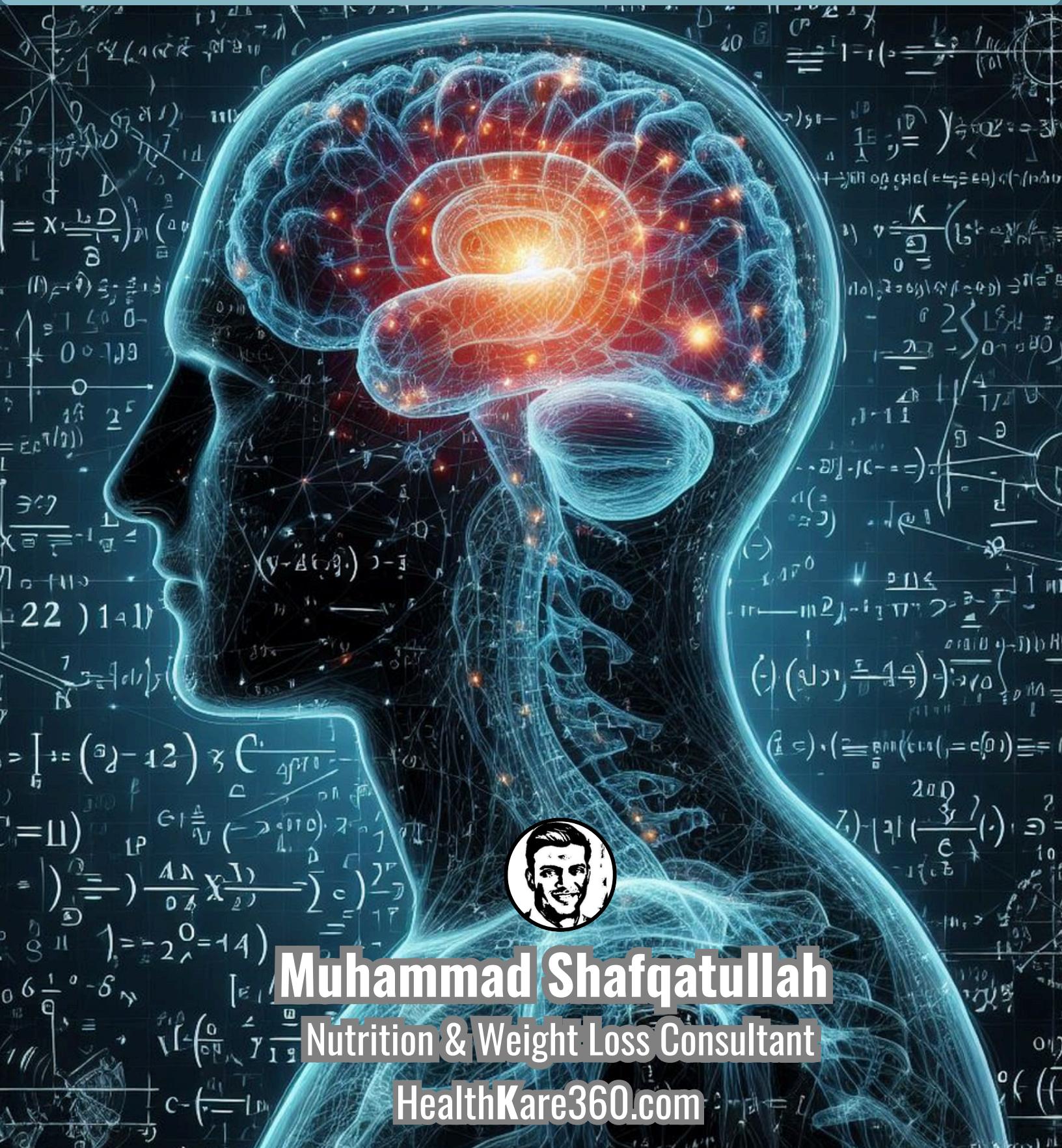


# THE 90 NUTRIENTS BLUEPRINT

## The Power of 90 Nutrients for Longevity



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# THE 90 NUTRIENTS BLUEPRINT

## The Power of 90 Nutrients for Longevity

- Good health depends on proper nutrition. Our bodies require a variety of essential nutrients to function effectively and maintain overall well-being. According to Dr. Joel Wallach, a leading advocate for nutritional supplementation, humans need 90 essential nutrients every day. These nutrients are divided into 60 minerals, 16 vitamins, 12 amino acids, and 2 essential fatty acids. Let's explore why each of these nutrient groups is vital for our health.

### 1. MINERALS: THE FOUNDATION OF HEALTH

Minerals are crucial for various bodily functions, including enzyme production, bone strength, and nerve transmission. Since the human body cannot produce minerals on its own, they must be obtained from food or supplements. The 60 essential minerals include:

- Calcium – Strengthens bones and teeth, and supports muscle function.
- Magnesium – Aids muscle relaxation, nerve function, and energy production.
- Iron – Helps oxygen transport in blood, and prevents anemia.
- Zinc – Boosts immunity, wound healing, and enzyme function.
- Selenium – Acts as an antioxidant, and protects against cell damage.
- Iodine – Essential for thyroid hormone production.
- Copper – Aids in red blood cell formation and iron absorption.

- Manganese – Supports bone development and metabolism.
- Chromium – Regulates blood sugar and enhances insulin function.
- Potassium – Maintains fluid balance, muscle contraction, and heart function.
- Sodium – Supports nerve signals and muscle contractions.
- Phosphorus – Strengthens bones and teeth, aids energy production.
- Chloride – Maintains acid-base balance and digestion.
- Sulfur – Essential for detoxification and protein synthesis.
- Molybdenum – Helps in enzyme function and detoxification.
- Cobalt – Component of vitamin B12, supports red blood cell formation.
- Boron – Enhances bone health and hormone regulation.
- Nickel – Supports enzyme activation and metabolism.
- Silicon – Promotes skin, hair, and bone strength.
- Vanadium – Assists in blood sugar regulation and metabolism.
- Germanium – Supports oxygen transport and immune function.
- Tin – Aids enzyme function and adrenal health.
- Rubidium – Helps with energy production and brain function.
- Cesium – May aid in cell regulation and alkaline balance.
- Lithium – Supports mood regulation and brain function.

Fluoride – Strengthens tooth enamel and prevents cavities.

Strontium – Helps in bone formation and mineralization.

Barium – Plays a minor role in muscle and nerve function.

Titanium – May aid immune function and cell signaling.

Gold – Historically believed to support joint health and circulation.

- Tellurium (Te)
- Yttrium (Y)
- Lanthanum (La)
- Neodymium (Nd)
- Samarium (Sm)
- Gadolinium (Gd)
- Terbium (Tb)
- Dysprosium (Dy)
- Holmium (Ho)
- Erbium (Er)
- Thulium (Tm)
- Ytterbium (Yb)
- Lutetium (Lu)
- Barium (Ba)
- Gallium (Ga)
- Indium (In)
- Thallium (Tl)
- Silver (Ag)
- Gold (Au)
- Platinum (Pt)
- Palladium (Pd)
- Osmium (Os)

- Iridium (Ir)
- Rhodium (Rh)
- Rhenium (Re)
- Technetium (Tc)
- Tantalum (Ta)
- Niobium (Nb)
- Zirconium (Zr)
- Hafnium (Hf)
- Thorium (Th)
- Scandium (Sc)
- Bismuth (Bi)

**Additional Minerals  
Lesser-Known but  
Potentially Beneficial**

# 16- VITAMINS

Vitamin A – Supports vision, skin health, and immunity.

Vitamin B1 (Thiamine) – Converts food into energy, supports nerve function.

Vitamin B2 (Riboflavin) – Aids in energy production and eye health.

Vitamin B3 (Niacin) – Helps lower cholesterol and boost brain function.

Vitamin B5 (Pantothenic Acid) – Supports hormone production and metabolism.

Vitamin B6 (Pyridoxine) – Assists brain development and immune function.

Vitamin B7 (Biotin) – Improves hair, skin, and nail health.

Vitamin B9 (Folate/Folic Acid) – Essential for cell growth and DNA synthesis.

Vitamin B12 (Cobalamin) – Supports red blood cell formation and nerve health.

Vitamin C – Boosts immunity and collagen production.

Vitamin D – Strengthens bones and enhances calcium absorption.

Vitamin E – Acts as an antioxidant and protects cells from damage.

Vitamin K – Aids in blood clotting and bone health.

Choline – Supports brain function and liver health.

Inositol – Helps nerve function and mood regulation.

Para-Aminobenzoic Acid (PABA) – Supports skin health and red blood cell formation.

### **3. ESSENTIAL AMINO ACIDS (12)**

These are building blocks of proteins & are necessary for muscle growth and repair.

Leucine – Supports muscle repair and protein synthesis.

Isoleucine – Aids in muscle metabolism and immune function.

Valine – Helps in tissue growth and energy production.

Lysine – Essential for calcium absorption and immune support.

Methionine – Assists in detoxification and metabolism.

Phenylalanine – Precursor to neurotransmitters like dopamine.

Threonine – Supports collagen production and liver function.

Tryptophan – Converts into serotonin, improving mood and sleep.

Histidine – Aids in growth and tissue repair.

Arginine – Supports blood flow and heart health.

Cysteine – Helps in detoxification and antioxidant production.

Tyrosine – Precursor to thyroid hormones and neurotransmitters.

## 2-ESSENTIAL FATTY ACIDS

Fatty acids are vital for brain health, heart function, and reducing inflammation.

Omega-3 Fatty Acids – Support brain function, heart health, and reduce inflammation.

Omega-6 Fatty Acids – Help in skin health, hormone production, and cell function.

## CONCLUSION

These 60 essential nutrients are crucial for maintaining good health and preventing disease. A well-balanced diet rich in minerals, vitamins, amino acids, and essential fatty acids ensures the body functions at its best. Since modern diets often lack sufficient nutrients, supplementation may be necessary for optimal health and longevity.

A handwritten signature in black ink, appearing to read "Mark Hyman". The signature is fluid and cursive, with a large, stylized 'M' at the beginning.

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