



vibrant  
the way we make you feel

| SYSTEM             | STRUCTURE   | FUNCTION  | VITAMINS   | MINERALS   | FOODS   | DRINKS   | HERBS  |
|--------------------|---|---|--|--|---|--|--|
| <b>SKELETAL</b>    | All bones, cartilage, joints.   | Support and protect body leverage.<br>Mineral storage.<br>Red blood cell production.    | C.D.A. B-Complex.<br>B2. B6. B12. E. F.<br>Folic Acid. Niacin.<br>Pantothenic Acid<br>Bioflavonoids.   | Flourine. Calcium.<br>Copper. Iodine. Zinc.<br>Sulphur. Sodium.<br>Silicon. Iron.<br>Potassium.<br>Phosphorus.<br>Magnesium. | Sesame seed. Kale.<br>Millet. Celery. Barley. Okra<br>Almond collar. Turnip.<br>Watercress.<br>Raw goat's milk.<br>Bee Pollen. Barley Grass.  | Black mission figs/raw goat's milk.<br>Black Cherry juice.<br>Green Kale juice.<br>Celery/parsley juice.                                       | Comfrey.<br>Kale. Boneset.<br>Pokeroot. Chicory.<br>Juniper berry.<br>Arnica flower.<br>Elderflower.<br>Oat straw.<br>Alfalfa. Irish moss.   |
| <b>MUSCULAR</b>    | All muscular tissue.  | Facilitates body movement.<br>Produce heat.<br>Maintain body posture.                   | B6. D. E. A.<br>B-complex. B12. C.<br>Biotin. Choline.<br>Pantothenic Acid.  | Calcium. Potassium.<br>Magnesium. Silicon.<br>Nitrogen. Iron.<br>Chlorine  | Olives. Rye. Lima.<br>Beans. Rice. Bran.<br>Bananas. Sprouts.<br>Watercress grains.<br>Legumes. Apples.<br>Alfalfa. Cabbage.  | Dried Olive tea.<br>Nut milk.<br>Liquid chlorophyll.   | Juniper berry.<br>Tansy. Rosemary.<br>Black willow.<br>Horseradish.<br>Wild cabbage. Kelp.<br>Dulse. Watercress.<br>Horsetail. Black walnut. |
| <b>RESPIRATORY</b> | Lungs. Trachea.<br>Bronchi.<br>Bronchial tubes.<br>Alveoli.   | Oxygenate:<br>Eliminates carbon dioxide.<br>Regulate acid/base balance of body.         | A. C. D. B-Complex.<br>B1. B2. B6. B12. E.<br>F. Inositol. Choline.<br>Niacin. Folic Acid.<br>Pangamic Acid.<br>Pantothenic Acid<br>Bioflavonoids. | Calcium. Iron Silicon.<br>Potassium. Flourine.<br>Manganese Copper.  | Garlic. Onions.<br>Leeks. Turnips.<br>Grapes. Pineapple.<br>Honey (eucalyptus).<br>Honey (Manuka).<br>Green leafy vegetables  | Celery/papaya juice.<br>Carrot juice, watercress/<br>apple/ juice.<br>¼ tsp. Cream of tartar:<br>rosehip tea: goat's milk<br>whey. Ginger Tea. | Mullein. Elderflower.<br>Peppermint. Yarrow.<br>Lobelia. Comfrey.<br>Cayenne. Marshmallow.<br>Sage. Coltsfoot. Liquorice                     |
| <b>ENDOCRINE</b>   | Glands:<br>Pineal. Pituitary.<br>Thyroid.<br>Parathyroid.<br>Thymus. Adrenals.<br>Pancreas. Ovaries.<br>Testes.                               | Regulate body action by secreting hormones through circulatory system to target organs. | B-Complex. E. C.<br>Choline. Inositol.<br>Folic Acid.<br>Pantothenic Acid.   | Iodine. Silicon.<br>Phosphorus.<br>Calcium. Chlorine.<br>Magnesium.<br>Sodium.<br>Potassium. Sulphur.<br>Iron. Manganese     | Sea vegetables.<br>Kelp. Dulse. Swiss Chard.<br>Turnip. Greens. Egg yolks.<br>Wheat germ. Cod roe.<br>Lecithin. RNA/DNA.<br>Sesame seed butter.<br>Seeds and nuts.<br>Raw goat's milk.  | Pineapple juice/egg yolk/<br>wheat germ/dulse.<br>Black Cherry concentrate/<br>egg yolk.<br>Chlorophyll.                                       | Kelp. Dulse.<br>Ginseng. Dongquai.<br>Liquorice.<br>Echinacea.<br>Golden seal.<br>Dandelion.<br>Spirulina.<br>Chlorella.                     |
| <b>DIGESTIVE</b>   | Gastrointestinal tract with exception of large colon (part of the Excretory System).<br>Salivary glands.<br>Liver. Gall bladder.<br>Pancreas. | Mechanical and chemical breakdown of food for cellular use.                             | A .C. B-Complex.<br>B1. B2. B6. B12.<br>D. E. F. K.<br>Folic Acid. Inositol.<br>Niacin.<br>Pantothenic Acid  | Sodium. Chlorine.<br>Magnesium Potassium.<br>Iron. Sulphur.<br>Copper. Silicon.<br>Zinc. Iodine.                             | Papaya.<br>Liquid chlorophyll.<br>Spinach. Whey.<br>Sun dried olives.<br>Swiss chard. Celery.<br>Kale. Beet greens.<br>Shredded beet.<br>Watercress.<br>Yoghurt. Cabbage.<br>Liquorice. | Parsley juice.<br>Papaya juice.<br>Chlorophyll/carrot juice.<br>Potato peeling broth.<br>Whey drinks.  | Papaya. Alfalfa.<br>Aloe Vera.<br>Peppermint.<br>Slippery Elm.<br>Cayenne. Burdock.<br>Comfrey. Ginger.<br>Fennel. Anise.                    |



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| <b>REPRODUCTIVE</b>  | Ovaries.<br>Ova.<br>Testes, sperm.  | Reproduction of the organism.   | B-Complex. E. A.<br>B2. B6. C. D. F.   | Zinc. Calcium.<br>Iodine. Phosphorus.<br>Iron.<br>Sodium Chlorine.<br>Potassium. Fluorine.<br>Silicon.   | Sesame seeds.<br>Pumpkin seeds.<br>Seed and nut butter.<br>Cod roe. Lecithin.<br>Egg yolk. Alfalfa.<br>Raw goat's milk.<br>Barley Grass.<br>Bee Pollen. Yoghurt. Algae.                | Black Cherry concentrate/<br>Chlorophyll/egg yolk:<br>pineapple juice/egg yolk/<br>wheat germ/Dulse:<br>1/3 cup carrot juice.<br>1/4 cup coconut milk/tbsp<br>wheat germ oil | Black cohosh.<br>Liquorice. Dong quai.<br>Ginseng.<br>Blessed thistle.<br>Blue cohosh.<br>Uva ursi. Chickweed.<br>Raspberry squaw vine.<br>Saw palmetto.<br>False unicorn. |
| <b>INTEGUMENTARY</b> | Skin, hair nails, oil<br>and sweat glands.  | Regulate body<br>temperature.<br>Eliminate waste.<br>Temperature.<br>Pressure and pain<br>receptor.   | Pantotenic Acid<br>PABA.<br>D. A. B-Complex.<br>B2. B6. B12. B1.<br>C. E. F. K.<br>Biotin. Choline.<br>Folic Acid. Niacin.<br>Bioflavonoids. | Silicon. Calcium.<br>Fluorine. Iron.<br>Phosphorus.<br>Potassium. Sodium.<br>Sulphur. Iodine.<br>Copper. Manganese.<br>Zinc. Magnesium.            | Raw goat's milk.<br>Black bass. Rye.<br>Avocados. Alfalfa.<br>Sea vegetables.<br>Whey. Apple.<br>Cucumbers. Millet.<br>Rice bran. Sprouts.   | Carrot/celery/lemon juice.<br>Cucumber/endive/ pineapple<br>juice.   | Oat straw.<br>Shavegrass.<br>Horsetail. Comfrey.<br>Aloe Vera. Burdock.<br>Clevers.<br>Pcynogenol.   |
| <b>LYMPHATIC</b>     | Spleen.<br>Thymus. Appendix.<br>Tonsils. Lymph<br>nodes.<br>Lymph vessels and<br>fluid. | Filter blood.<br>Produce white blood<br>cells.<br>Protect against<br>disease.<br>Return protein to<br>cardiovascular system.  | A. C. Choline.<br>B-Complex.<br>B1. B2. B6. Biotin.<br>Pantothenic Acid.<br>Folic Acid.  | Potassium Chlorine.<br>Sodium  | Green leafy vegetables.<br>Watercress. Okra.<br>Apples. Celery. Fish.<br>Egg Yolk.<br>Wheat Germ. Kelp.<br>Dulse. Nori. Kombu.<br>Mushrooms.   | Celery juice.<br>Blue violet tea.<br>Parsley juice.<br>Carrot juice.<br>Apple juice.   | Blue violet tea.<br>(Leaves) chaparral.<br>Burdock.<br>Echinacea Blue flag.<br>Poke root Golden seal.<br>Cayenne. Mullein.<br>Black walnut.                                |
| <b>EXCRETORY</b>     | Large Colon.  | Complete nutrient<br>absorption.<br>Manufacture certain<br>vitamins.<br>Form and eliminate<br>faeces.   | A. F. Choline.<br>B-Complex.<br>B1. B2. B6. B12.<br>C. E. Inositol. Niacin.<br>Folic Acid.<br>Pantothenic Acid.                              | Magnesium.<br>Potassium. Sodium.<br>Sulphur. Calcium.<br>Chlorine. Iron.<br>Phosphorus.  | All squash. Linseed.<br>Green & yellow vegetables.<br>Yoghurt. Kefir. Sprouts.<br>Alfalfa tablets. Whey.<br>Acidophilus. Bran.<br>Grapes. Psyllium seed.<br>Berries. Yellow corn meal. | Chlorophyll/carrot juice<br>coconut juice.<br>Celery/parsley/ spinach/<br>carrot juice.<br>Linseed tea.<br>Black cherry juice.   | Psyllium seed. Aloe vera.<br>Cayenne. Black walnut.<br>Linseed. Comfrey.<br>Slippery elm. Cascara.<br>Sagrada. Senna. Barberry.<br>Golden Seal.                            |
| <b>CIRCULATORY</b>   | Heart.<br>Blood vessels.<br>Blood.  | Distribute oxygen and<br>nutrients to cells.<br>Transport Carbon<br>Dioxide and wastes<br>from cells.<br>Acid/base balance.<br>Regulate body<br>temperature.<br>Form blood clots. | B-Complex. B6.<br>Niacin. B12. C. E.<br>Bioflavonoids.<br>Choline. Folic Acid.<br>Inositol.<br>Pangamic Acid.                                | Calcium Iron. Silicon.<br>Cobalt. Copper.<br>Magnesium. Iodine.<br>Phosphorus.<br>Zinc Potassium.<br>Manganese.<br>Nitrogen. Fluorine.<br>Sulphur. | Brewer's yeast.<br>Garlic. Wheat germ.<br>Liquid chlorophyll.<br>Alfalfa sprouts.<br>Buckwheat. Kale.<br>Sundried olives.<br>Watercress. Tenderstem.<br>Oily fish.                     | Blackberry/parsleyJuice.<br>Black fig juice; Watercress/<br>parsley/grape juice.<br>Hawthorn berry tea.  | Hawthorn berry.<br>Cayenne. Ginger.<br>Garlic.<br>Ginkgo biloba.<br>Ginger. Burdock.<br>Chapparal.<br>Echinacea.<br>Red clover.<br>Oat straw.                              |



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| <b>NERVOUS</b> | Brain.<br>Spinal cord.<br>Nerves.         | Regulate body function through nerve impulses.<br>Sensory perception and motor response.                               | B-Complex.<br>A. B1. B2. B6. B12.<br>B13. C. D. E. F.<br>Choline. Folic Acid.<br>Inositol. Niacin.<br>Pantothenic Acid.<br>Pangamic Acid. | Calcium.<br>Phosphorus.<br>Manganese.<br>Sulphur. Iodine. Iron.<br>Magnesium.<br>Potassium. Fluorine.<br>Zinc. Silicon. | Egg yolk. Kale.<br>Celery. Fish.<br>Raw goat's milk.<br>Veal. Cod roe.<br>Brewer's yeast.<br>Nutritional yeast.<br>Tryptophan. Alfalfa. | Celery/carrot/prune juice.<br>Prune juice.<br>Raw goat's milk/tsp sesame.<br>Sunflower or almond butter/<br>tsp honey/siliver of avocado.<br>Black Cherry/egg yolk. | Valerian. Hops.<br>Skullcap. Lobelia.<br>Lady's slipper.<br>Black cohosh.<br>Rhodiola. Capsicum.<br>Ginger. Passion flower.                |
| <b>URINARY</b> | Kidneys.<br>Bladder.<br>Ureters. Urethra. | Eliminate liquid waste.<br>Regulate chemical composition of blood.<br>Fluid/electrolyte balance.<br>Acid/base balance. | A. B-complex.<br>B2. B6. C. D. E.<br>Choline.<br>Pantothenic Acid.  | Calcium. Potassium.<br>Manganise. Silicon.<br>Iron. Chlorine.<br>Magnesium.   | Watermelon (include seeds).<br>Apples.<br>Asparagus.<br>Liquid Chloropyll.<br>Parsley.<br>Green leafy vegetables.                       | Celery Juice.<br>Black currant juice.<br>Juniper berry tea.<br>Beet/grape juice.<br>Celery/parsley/ asparagus juice.<br>Pomegranate juice/goat whey.                | Juniper berry.<br>Uva ursi. Parsley.<br>Ginkgo Biloba.<br>Golden seal.<br>Slippery elm.<br>Elderflower. Ginger.<br>Dandelion. Marshmallow. |