

**Boron**

This mineral is thought to help the body use glucose (blood sugars) Many plant-based foods offer decent to wonderful amounts of boron. Some of the best include: chickpeas, almonds, beans, vegetables, bananas, walnuts, avocado

**Lecithin**

Sources - Eggs, Soy beans, Kidney, Liver, Whole grains, Milk Signs of deficiency - Low energy levels, Memory loss, Muscle aches, Nerve damage, Mood changes.

**Lithium**

Lithium deficiency can cause muscle fatigue, nausea and sickness Sources - Shrimp, Lobster, Oyster and Scallops.

**Vitamin. B12**

Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy