

Nutrition: The Big Five - 6hrs Overview

The five nutrients covered will be:

- 1) Vitamin D
- 2) Omega 3
- 3) Vitamin C
- 4) Protein
- 5) Iodine

Each nutrient has the following sections:

- Testing
- How to supplement-Alternatives to supplementation
- High Risk Patient Profile
- Symptoms of insufficiency
- Conditions made worse by insufficiency
- Diseases caused by deficiency
- Biochemistry of nutrient
- Overdose risks/Other danger