Fuel To Feel Better. Fuel To Move Better. Fuel To Perform Better.

Nutrients your body may need more of when stressed

STRESSED

Note: Choose produce and animal products generally in this order: Produce: Certified Organic, Organic, and Locally Farmed. Animal Products: Wild, Organic Pasture Raised, Organic, and Locally Raised.

+ Potassium	+ Phosphorous
(found in leafy greens)	(found in meats and cheeses)
+ Carbohydrates	+ Fat
(found in root vegetables)	
+ Chronium	+ Protein
(found in shellfish)	
+ Zinc	+ Calcium
(found in seafood)	(found in dairy products)
+ Vitamins	+ Magnesium
A, B, C, D, E, & K	(found in dark chocolate)
+ Selenium	
(found in nuts and seeds)	

RESTORATIVE NUTRITION



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