

Table 14: The 13 Guardians of Antioxidant Protection and The 12 Knights of Detoxification

Vitamins (Daily needs)	Body organ / Energy meridian	Trace elements (Daily needs)	Physiological function
B12 (0,001-0,002 mg)	Liver (p. 104)	Co	Metabolism Anabolic processes
Cobalamin B12: Needed for brain, nervous system, liver, blood formation, and metabolism.		Cobalt: is part of vitamin B12 and DNA synthesis, strengthens the nervous system, protects against anemia.	
B1 (1-2 mg) A (1 mg)	Gallbladder (p. 108)	Fe⁺⁺ (18 mg)	Detoxification
Thiamine B1: required for the nervous system, myocardium, aerobic glycolysis and detoxification. Retinol A: absorbs light, supports vision, supports the skin, protects against toxic effects.		Iron: contained in all cells of the body; builds a number of ferroproteins and enzymes, myoglobin and hemoglobin - forming the ring of heme, carrying oxygen in the blood and muscles.	
B5 (4-10 mg)	Tyroid gland (p. 39,116)	J⁻ (0,15-0,6 mg)	Hormonal balance
Pantothenic acid B5: enters coenzyme A, important for metabolism, fatty acid synthesis and cholesterol.		Jodine: necessary for the thyroid gland and the synthesis of thyroid hormones, regulates growth.	
B3 (18 mg)	Pericardium, Blood vessels (p. 116)	Se (0,055-0,3 mg)	Circulation, blood circulation
Niacin B3: takes part in about 200 enzymes and is a major supplier of energy electrons.		Selenium: activates the antioxidant of glutathione peroxidase, protects cells from damage and aging.	
B9 (0,2-0,3 mg)	Small intestine (p. 115)	Br⁻	Digestion
Folate B9: participates in the metabolism of amino acids, maintains the gastrointestinal flora, strengthens the blood.		Bromine: антисептик, регулира авто-имунните прояви, (псориазис), успокоява и релаксира нервните клетки.	
B6 (2 mg)	Heart (p. 114)	Zn⁺⁺ (11-25 mg)	Energy, Brain activity
Pyridoxine B6: supports the function of the myocardium and brain, helps the synthesis of "emotional hormones".		Zinc: participates in the regulation of enzymes, builds DNA, regulates insulin and genetic expression.	
B2 (2 mg)	Spleen- Pancreas (p. 121)	Cr⁺⁺⁺ (0,035 mg)	Immune system
Riboflavin B2: is involved in the metabolism of fatty acids and is an important source of cellular energy.		Chromium: regulates carbohydrate and fat metabolism and life expectancy.	
H (0,2 mg)	Stomach (p. 125)	Mn⁺ (2,3 mg)	Metabolism, Catabolic processes
Biotin H: plays an important role in fat metabolism, stimulates carbohydrate metabolism.		Manganese: regulates the absorption of proteins and lipids, strengthens the blood, bones and connective tissue.	
E (10-15 mg)	Lungs (p. 135)	Cu⁺⁺ (0,9 mg)	Respiration
Tocopherol E: antioxidant, neutralizes peroxides, supports fat and carbohydrate metabolism.		Copper: participates in antioxidant enzymes and the formation of hemoglobin, supports cellular elasticity.	
K (1 mg)	Colon (p. 139)	Li⁺ (0,0001 mg)	Excretory system
Vitamin K: necessary for blood coagulation, supports the regenerative functions of calcium.		Lithium: has a positive effect on the mental and emotional state.	
D (0,006 mg, деца - 0,02mg)	Kidneys (p. 95)	B⁻ (0,05 mg)	Hydro-mineral balance
Calciferol: regulates calcium and phosphorus metabolism, supports bone mineralization.		Boron: helps to build bone and tooth enamel, regulates bone metabolism.	
C (60 mg)	Bladder (p. 101)	Mo (0,045 mg)	Alkaline-acid balance
Ascorbic acid: neutralizes toxins, supports immunity, synthesis of hemoglobin and collagen, strengthens bones.		Molybdenum: supports oxidases and antioxidant protection, uric acid synthesis.	

More information on dietary sources of vitamins and trace elements: pp. 62,168