

**“Seven ‘Super’ Nutrients Your Body  
May Not Be Getting Enough Of!”**

**(Even if You are Consuming a  
Whole Food Diet!)**

**A Special Report**

**by**

**Jayson Hunter, RD, CSCS**



“The 'secrets' to fat loss have always been a combination of cardiovascular exercise, nutrition, and resistance exercise. For most trainers - professionally, practically and legally - a solid nutrition program has always been the missing link to their client's success. Jayson Hunter is the difference between a good program and a fantastic program”.

“After seventeen years in the fitness and weight loss field - I have a core group of experts that I trust and respect. Jayson Hunter has become my go-to guy when it comes to nutritional counseling, weight management programming and operations. He's the best there is”

Alwyn Cosgrove  
Advisor to Men's Health Magazine  
Author of “The New Rules of Lifting”



“Jayson Hunter is as classy and intelligent a professional as we have in our industry. If he says it about nutrition, than it is so - he has shown me a dedication and passion for his craft that more professionals in our line of work should learn to emulate.”

Brian Grasso  
IYCA.org  
Founder – International Youth Conditioning Association



"If you're looking for top-flight nutritional information to help you achieve amazing results as quickly and safely as possible then you need to know Jayson Hunter.

Weight-management programs are the future of fitness and Jayson is at the forefront of the trend. If you've got questions on how you can create an effective program he has the research based answers."

Jim Labadie  
President  
Achieve Total Fitness, Inc.  
Jupiter, FL

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Try as we may, consuming 6-10 servings of fruits and vegetables a day is challenging. But even for those who do, there's a very good chance they will be missing out on some of Mother Nature's most powerful nutrients.

Why?

Well, the nutrient value of these foods is declining rapidly due to over-farming, use of stronger and stronger pesticides and insects which attack crops and weaken them.

Here is a list of nutrients you need to be sure you are consuming every day – whether it be from whole foods or supplementation.

1. **Beta-carotene**

This nutrient is found in leafy green, yellow, and orange vegetables. Beta-carotene is an anti-oxidant that helps the body fight cancer by attacking destructive free radicals. It may also help protect against memory loss and heart disease.

2. **Vitamin A**

Vitamin A can be obtained from liver, whole eggs, carrots and cantaloupe. Other foods may be fortified with Vitamin A. Research shows that it may help in fighting cancer and heart disease.

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### 3. **Vitamin B6, B12, and folic acid**

These vitamins are sometimes called the “energy” vitamins because they are responsible for the reactions that take place in the body to produce energy. If you are deficient in these vitamins your body may have a reduced ability to fight off illness and disease. Foods that are good sources of these vitamins are fish, liver, pork, eggs, red meats, and leafy vegetables.

### 4. **Vitamin C**

Most people are familiar with this nutrient. It is an anti-oxidant found in citrus fruits, berries, peppers, tomatoes and potatoes. There is continued research going on with its ability to help with memory functions and ward off cancer.

### 5. **Vitamin E**

Vitamin E is another well researched vitamin. Many studies suggest it reduces the risk of heart attacks, boost immunity and protects against cancer. Good sources of Vitamin E are nuts and green leafy vegetables.

### 6. **Selenium**

Selenium is an absolutely essential micronutrient. It is found in nuts, cereals, meat, fish, and eggs. Brazil nuts are the richest source, with high levels also in crab and lobster. Selenium has anti-oxidant properties and may help prevent some forms of cancer.

## 7. **Lycopene**

Fruits and vegetables that are high in lycopene include tomatoes, watermelon, pink grapefruit and papaya. There is evidence associating Lycopene with the reduced risk of cardiovascular disease, prostate cancer, diabetes, and osteoporosis.

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## About the Author



Jayson Hunter RD, CSCS is a registered dietitian, weight management expert and personal trainer with over 10 years of experience. His nutritional programs have helped hundreds of clients successfully lose weight and create permanent lifestyle changes. The secret is Jayson's nutritional programming methods, which are proven to get results with every type of client - regardless of their body type and get them fast.

To discover more about you he can help you lose weight fast yet permanently go to the [Carb Rotation Diet](#).

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