Acetylation

Selected dietary sources of nutrients for acetylation support

**Vitamin B1**
seeds, legumes, rice, spinach

**Vitamin B2**
eggs, leaf vegetables, liver, kidneys, legumes, mushrooms, almonds

**Vitamin B5 (Pantothenic Acid)**
dried mushrooms, liver, dried egg yolks and sunflower seeds

**Vitamin C**
Kakadu plum, Camu Camu, Acerola, Seabuckthorn, Indian gooseberry, Rose hip, Baobab, Chili pepper (green), Guava (common, raw), Blackcurrant, Red pepper, Chili pepper (red), Parsley