 **VITAMINS & MINERALS IN BASE LIVE SALAD FOR HORSES**

*Vitamins and Minerals listed in greater amt. to lesser amount order.*

***APPLE:***   
VITS: A, B1, B2, Niacin, Folate, Pantothenic Acid, B6, C, E, K and small amts. of other vitamins.   
MINS: Potassium, Calcium, Phosphorus, Magnesium, Manganese, Iron, Sodium Copper, Zinc and trace amts. of other mins.

***AVOCADO:***   
VITS: A, C, B1, B2, Niacin, Folate, Pantothenic Acid, B6, E, K.   
MINS: Potassium, Phosphorus, Magnesium, Calcium, Sodium, Iron, Selenium, Manganese, Copper, Zinc.

***ORANGE:***   
VITS: A, B1, B2, Niacin, Folate, Pantothenic Acid, B6, C, E.   
MINS: Potassium, Phosphorus, Magnesium, Calcium, Iron, Selenium, Manganese, Copper, Zinc.

***BANANA:***   
VITS:: A, B1, B2, Niacin, Folate, Pantothenic Acid, B6, C, E, K   
MINS:: Potassium, Phosphorus, Magnesium, Calcium, Sodium, Iron, Selenium, Maganese, Copper, Zinc.

***CARROTS:***   
VITS: A, C, B1, B2, Niacin, Folate, Pantothenic Acid, B6, K, E.   
MINS Potassium, Calcium, Phosphorus, Magnesium, Iron, Sodium, Zinc, Copper, Manganese, Selenium

***SWEET POTATOES: (Yams)***   
VITS: C, Niacin, B1, B2, B6, Pantothenic Acid, Folate, A, K, E.   
MINS: Potassium, Phosphorus, Magnesium, Calcium, Sodium, Iron, Selenium, Manganese, Zinc, Copper

***SPINACH:***   
VITS: C, Niacin, B1, B2, B6, Pantothenic Acid, Folate, A, K, E  
MINS: Potassium, Phosphorus, Magnesium, Calcium, Iron, Sodium, Zinc, Copper, Manganese, Selenium

***KALE:***   
VITS: A, C Niacin, B1, B2, B6, Folate, Pantothenic Acid, K, E   
MINS: Potassium, Phosphorus, Magnesium, Calcium, Iron, Sodium, Zinc, Copper, Manganese, Selenium

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