ORGAN NUTRITION REFERENCE GUIDE
(PLANT-BASED VERSION)

A NutraRays™ Educational Resource

This guide highlights nutrients traditionally associated with supporting the normal structure and function of various organs and systems of the body. It is designed to encourage awareness and understanding—not to provide medical advice, treatment recommendations, or individualized guidance. The information presented here is for educational purposes only and does not replace consultation with a qualified healthcare professional.

1. The Skin

The skin is the body's largest organ, acting as a protective barrier while helping regulate temperature.

- **Vitamin C** — Essential for collagen production, which supports skin structure and healing.
  Found in citrus fruits, strawberries, bell peppers, and broccoli.
- **Vitamin E** — A powerful antioxidant that helps protect the skin from oxidative damage.
  Found in nuts, seeds, spinach, and avocado.
- **Omega-3 Fatty Acids** — Help maintain skin moisture and support healthy skin function.
  Found in flaxseeds, chia seeds, walnuts, and hemp seeds.
- **Zinc** — Supports skin cell production and wound healing.
  Found in legumes, seeds, nuts, and whole grains.

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2. The Brain

The brain controls memory, emotions, and movement—serving as the body's command center.

- **Omega-3 Fatty Acids** — Key for brain structure and function.
  Found in flaxseeds, chia seeds, walnuts, and algae-based sources.
- **B Vitamins (B6, Folate)** — Help support neurotransmitter function and overall brain health.
  Found in whole grains, leafy greens, legumes, and bananas.
- **Vitamin B12** — Supports nerve function and red blood cell production.
  Found in fortified plant foods (such as plant milks and cereals).
- **Vitamin D** — Supports cognitive function.
  Primarily associated with sunlight exposure. May also be found in certain fortified plant-based foods, such as plant-based milks or fortified orange juice.
- **Antioxidants** — Help protect against oxidative stress.
  Found in berries, colorful fruits, and vegetables.

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3. The Lungs

The lungs bring oxygen in and push carbon dioxide out—fueling every organ and cell.

- **Vitamin C** — Protects lung tissue and supports immune function.
  Found in citrus fruits, broccoli, and peppers.
- **Vitamin E** — Supports lung tissue health and helps protect from free radicals.
  Found in nuts, seeds, and leafy greens.
- **Magnesium** — Helps support normal airway relaxation.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Omega-3 Fatty Acids** — Support inflammatory balance in lung tissue.
  Found in flaxseeds, chia seeds, walnuts, and hemp seeds.

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4. The Heart

The heart is the body's pump, circulating oxygen-rich blood and nutrients to every cell.

- **Omega-3 Fatty Acids** — Support heart health and help regulate inflammation.
  Found in flaxseeds, chia seeds, walnuts, and hemp seeds.
- **Coenzyme Q10 (CoQ10)** — Supports energy production in cells.
  Found in spinach, broccoli, whole grains, and legumes.

- **Magnesium** — Supports normal heart rhythm.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Potassium** — Helps regulate heart rhythm and supports blood pressure balance.
  Found in bananas, potatoes, beans, and leafy greens.

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5. The Stomach

The stomach breaks down food with acids and enzymes, initiating digestion.

- **Probiotics** — Help maintain a healthy gut flora.
  Found in fermented foods such as sauerkraut, kimchi, and plant-based yogurts.
- **Fiber** — Supports digestion and regular bowel movements.
  Found in fruits, vegetables, legumes, and whole grains.
- **Ginger** — Traditionally used to support digestive comfort.
- **Zinc** — Supports immune function and tissue repair.
  Found in legumes, seeds, nuts, and whole grains.

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6. The Liver

The liver supports nutrient processing and helps the body filter and process substances.

- **Vitamin A (from plant sources as beta-carotene)** — Supports liver function.
  Found in carrots, sweet potatoes, and leafy greens.
- **Vitamin C** — Supports normal metabolic processes.
  Found in citrus fruits, peppers, and broccoli.
- **Milk Thistle** — Traditionally associated with liver support.
- **B Vitamins** — Support energy metabolism and normal cellular processes.
  Found in whole grains, legumes, and leafy greens.

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7. The Kidneys

The kidneys filter blood, remove waste, and help balance fluids.

- **Vitamin B6** — Supports kidney function.
  Found in bananas, potatoes, and whole grains.

- **Vitamin D** — Helps regulate calcium balance.
  Primarily associated with sunlight exposure. May also be found in certain fortified plant-based foods, such as plant-based milks or fortified orange juice.
- **Magnesium** — Supports normal kidney function.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Potassium** — Supports electrolyte balance.
  Found in bananas, sweet potatoes, beans, and leafy greens.

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8. The Spleen

The spleen supports immune function and blood filtration.

- **Vitamin C** — Supports immune function.
  Found in citrus fruits, berries, and peppers.
- **Iron (plant-based)** — Supports red blood cell production.
  Found in lentils, beans, spinach, and fortified grains.
- **Vitamin B12** — Supports red blood cell production.
  Found in fortified plant foods.
- **Zinc** — Supports immune cell development.
  Found in legumes, seeds, nuts, and whole grains.

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9. The Pancreas

The pancreas helps regulate blood sugar and supports digestion.

- **Chromium** — Supports healthy blood sugar metabolism.
  Found in broccoli, whole grains, and legumes.
- **Magnesium** — Supports insulin function.
  Found in leafy greens, nuts, and seeds.
- **Vitamin D** — Supports metabolic balance.
  Primarily associated with sunlight exposure. May also be found in certain fortified plant-based foods, such as plant-based milks or fortified orange juice.
- **Omega-3 Fatty Acids** — Support inflammatory balance.
  Found in flaxseeds, chia seeds, walnuts, and hemp seeds.

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10. The Small Intestine

The small intestine absorbs nutrients and supports digestion.

- **Probiotics** — Help maintain gut health.
  Found in fermented plant foods.
- **Fiber** — Supports digestion and gut motility.
  Found in fruits, vegetables, legumes, and whole grains.
- **Vitamin D** — Supports nutrient absorption.
  Primarily associated with sunlight exposure. May also be found in certain fortified plant-based foods, such as plant-based milks or fortified orange juice.
- **Zinc** — Supports immune and intestinal health.
  Found in seeds, legumes, and whole grains.

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11. The Large Intestine

The large intestine supports waste elimination and the microbiome.

- **Fiber** — Supports healthy bowel movements and gut flora.
  Found in fruits, vegetables, legumes, and whole grains.
- **Probiotics** — Help maintain a healthy balance of gut bacteria.
  Found in fermented plant foods.
- **Magnesium** — Supports colon health and digestion.
  Found in leafy greens, nuts, and seeds.
- **Vitamin K** — Supports normal blood clotting and is produced by gut bacteria.
  Found in leafy greens such as kale and spinach.

General Note

Each organ and system depends on a combination of vitamins, minerals, and nutrients to support normal structure and function. The foods listed above can help support overall wellness when included as part of a balanced, whole-food lifestyle.

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