FOODS RICH IN BORON - 3 mg. of boron a day is the RDA

Almonds
Apples
Apricots
Avocado
Banana
Beans
Brazil Nuts
Broccoli
Carrots
Cashews
Celery
Chick Peas (Garbanzo beans)
Dates
Grapes (red)
Hazel nuts (filberts)
Honey (raw)
Lentils
Olives
Onions
Oranges
Peaches
Peanut Butter
Pears
Potatoes
Prunes
Raisins
Walnuts
FOODS RICH IN MANGANESE

Blueberries
Dried beans
Nuts
Lettuce
Beet greens
Pineapple
Tea

FOOD RICH IN MAGNESIUM

Dried beans (pintos etc.)
Seeds
Nuts
Whole grains
Green leafy vegetables
Almonds
Apricots
Barley
Beet Greens
Brazil nuts
Brown rice
Cashews
Swiss Chard
Clams
Coconut
Corn
Dates
Figs
Hazelnuts
Oatmeal
Peanuts
Peas
Pecans
Shrimp
Spinach
Sunflower seeds
Walnuts