# あなたに足りない栄養素は？

| | ビタミンA | ビタミンB群 | ビタミンC | ビタミンD | ビタミンE | ビタミンK | カルシウム | マグネシウム | 亜鉛 | 銅 | セレン | コエンザイムQ10 | α-リポ酸 | MSM | ルテイン | ビルベリー | イチョウ葉 | ミルクシスル |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| こんなお悩みに | | | | | | | | | | | | | | | | | | |
| 食生活の乱れ | | ● | ● | | | | ● | | ● | | | | | | | | | |
| ストレスが多い | | ● | ● | | | | ● | ● | | | | | | | | | | |
| 首＆肩のこり、冷え | | | | | ● | | | | | | | | | | | | ● | |
| 偏頭痛がある | | | | | | | | ● | | | | | | | | | | |
| 口内炎がよくできる | | ● | | | | | | | ● | | | | | | | | | |
| 疲れが取れない | | ● | | | | | | | | | | ● | | | | | | |
| 風邪を予防したい | | | ● | ● | | | | | ● | | | | | | | | | |
| アレルギーを緩和したい | ● | | | ● | | | | | | | | | | | | | | |
| 眼の疲れ | ● | | | | ● | | | | ● | | | | | | ● | ● | | |
| 関節痛・腰痛 | | | | | | | ● | | | | | | ● | ● | | | | |
| 骨の健康が気になる | | | | ● | | ● | ● | ● | | | | | | | | | | |
| 便秘 | | | | | | | | ● | | | | | | | | | | |
| 血圧が高い | | | | | | | | ● | | | | | | | | | | |
| 血糖が気になる | | | | | | | | | | | | | ● | | | | | |
| ムクミが気になる | | | | | | | | ● | | | | | | | | | | |
| 二日酔い | | ● | | | | | | | | | | | | | | | | ● |
| 記憶力・集中力 | | | | | | | | | | | | | | | | | ● | |
| ダイエットサポート | | | | | | | | | | | | ● | ● | | | | | |
| 運動パフォーマンス | | | | | | | | | | | | | | | | | | |
| アンチエイジング＆抗酸化 | | | ● | | ● | | | | ● | ● | ● | ● | ● | | ● | ● | | |
| デトックス | | | | | | | | | | | ● | | ● | | | | | ● |
| お肌の悩み | | | | | | | | | | | | | | | | | | |
| 乾燥肌 | ● | | ● | | ● | | | | | | | | | | | | | |
| ニキビ | | ● | ● | | | | | | ● | | | | | | | | | |
| しみ・そばかす | | | ● | | ● | | | | | | | | ● | | | | | |
| 肌の弾力 | ● | | ● | | ● | | | | | | | | | ● | | | | |
| 女性の悩み | | | | | | | | | | | | | | | | | | |
| 鉄欠乏性貧血 | | | | | | | | | | ● | | | | | | | | |
| PMS（月経前症候群） | | ● | | | | | | | | | | | | | | | | |
| 妊娠計画中 | | ● | | ● | ● | | | | ● | | | | | | | | | |