

43 Ingredients of a Rich Food Production & Consumption & Main Guidelines.

01 Vegetarian Omega 3	16 I Iodine	31 Cr Chromium
02 Vegetarian Omega 6	17 C Coal	32 Li Lithium
03 Vegetarian Omega 9	18 Ca Calcium	33 Se Selenium
04 Soya Bean	19 Mg Magnesium	34 Mo Molybdenum
05 Board Bean	20 H Hydrogen	35 Mn Manganese
06 Phaseolus Vulgaris Bean	21 N Nitrogen	36 Folic Acid
07 Capuchin Bean	22 O Oxygen	37 Phosphates
08 Pea Bean	23 P Phosphorus	38 Nitrate
09 Lentil Bean	24 S Sulfur	39 Vitamin A (Biotin)
10 Runner Bean	25 Cl Chlorine	40 Vitamin D3 (Biotin)
11 Fructose	26 K Potassium	41 Vitamin B 1,2,3,6 & 12
12 Glucose	27 Fe Iron	42 Vitamin C
13 Extra Creatine Holding Potato	28 Ni Nickel	43 Vitamin E
14 Na Sodium	29 Cu Copper	
15 F Fluorine	30 Zn Zinc (Biotin)	

Oil the Messiah is a Mix of Omega 3, 6, 9, Iodine & Fluorine this mix is the best Natural Ingredient against Infections. Non item out of this list may be Sulfates because Sulfate brick stone of DNA contains maximal 40 Years & Natural (Non Sulfate) Brick Stone of DNA contain maximal 80 years. All Beans must be creeper beans & bi the use of several 3 1/2 Meter Stocks on every 1m² Acker to extend 1m² Acker to 6 m² acre & Present Comfortable Canned Mix of 7 beans for Proteins to replace animal consumption (Meat). All Consumption must contain Fructose & Glucose because those are both very important & Unique ingredients for different body functions. Extra Creatine Holding Potato is necessarily to make sure Muscle B.M.I. Stays So as Build up. Present the (21 Ingredients of Multi Vitamins) & (Ca, Mg & Vitamin D) & (Vitamin C) as 3 Effervescent Tablets in a 31 pieces tube. For good Sterilization of consumption wash it very good & deepfreeze all consumptions to a temperature of minus 23. & Boil all consumptions under presure and at a higher temperature than Consumption Boiling temperature. Make Black Sand for vegetarians production with a mix of Quarts Sand, C, Ca, Mg, (F, S, K, out of fish shit), Omega 3,6,9, Phosphates & Nitrate. Warning do serve and do not consume: Oxide, Mould, Bacteria, Virus, Wrath, Parasite, Alcohol Family, P.V.C., Non-Food, Spoiled Food or to high magnetic Minerals.