

# Top 10 Foods Rich in Vitamin B-17



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(Amygdalin / Laetrile / Nitriloside).

### Why it matters:

Vitamin B-17 occurs naturally in over 1,000 foods. Traditional cultures with diets rich in B-17 rarely faced cancer. Modern processing stripped these foods away, leaving a gap in our natural defenses. Adding these foods back into your diet can help restore balance.

### Foods & Uses

Food Source	B-17 Content	Ways to Use
<b>Apricot kernels</b>	Very high	Eat a few kernels daily, grind for smoothies, or sprinkle on salads (bitter taste is normal).
<b>Bitter almonds</b>	Very high	Traditionally used in medicine; limited availability in U.S.
<b>Apple Seeds</b>	Moderate	Enjoy whole apples with seeds, blend into juices
<b>Cassava (yuca)</b>	High	Common in African/S. American diets; cook thoroughly before eating.
<b>Millet</b>	High	Use as a grain substitute in porridge, side dishes, or baking
<b>Buckwheat</b>	High	Make into pancakes, porridge, or flour for baking.
<b>Beans*</b>	Moderate	Use in soups, stews, and salads.
<b>Berries**</b>	Moderate	Eat fresh, freeze for smoothies, or make into jams.
<b>Flax/sesame seed</b>	Moderate	Sprinkle on yogurt, oatmeal, or salads; grind for better absorption.
<b>Cherry pits</b>	High in kernels	Crack open pits to access kernels; traditionally consumed in moderation.
<b>Peach/plum pits</b>	High in kernels <sup>1</sup>	

\*lima, fava, mung, lentils

\*\*blackberries, raspberries, elderberries, strawberries

**Tip:** Balance matters. Many of these foods taste bitter for a reason—nature's reminder moderation. Variety across seeds, grains, and fruits ensures steady intake without excess.