

# Vitamin Guide

	NAME	FUNCTIONS	FOOD SOURCES
<b>A</b> 	<b>RETINOL</b> PRECURSOR: BETA-CAROTENE	vision & eye health   immune function   cell growth & repair   bone growth   skin health   antioxidant activity	liver   fish   cod liver oil   eggs   dairy   leafy greens   orange vegetables
<b>Bs*</b> 	1: THIAMIN 2: RIBOFLAVIN 3: NIACIN 5: PANTOTHENIC ACID 6: PYRIDOXINE 7: BIOTIN 9: FOLATE/FOLIC ACID 12: COBALAMIN	energy   enzyme cofactors   brain & nerve function   mental health   macronutrient metabolism   immunity	nutritional yeast   whole grains   beans   lentils   meat   fish   eggs   dairy
<b>C</b> 	<b>ASCORBIC ACID</b>	immune function   wound healing   collagen production   vit E regeneration   iron absorption   antioxidant activity	pineapple   papaya   citrus   kiwi   berries   tomatoes   broccoli   bell peppers   guava
<b>D*</b> 	<b>CHOLECALCIFEROL (D3)</b>	hard bones & teeth   mineral balance   muscle contractions   immune function   heart health   cell growth	<b>SUN EXPOSURE</b> liver   fish   cod liver oil   eggs   fortified dairy   pork   mushrooms
<b>E</b> 	<b>D-ALPHA-TOCOPHEROL (MOST ACTIVE OF 8 FORMS)</b>	immune function   cardiovascular health   skin health   cell membrane stability   antioxidant activity	nuts   seeds   extra-virgin olive oil   avocado   pumpkin   spinach
<b>K</b> 	<b>PHYLLOQUINONE (K1)</b> <b>MENAQUINONE (K2)</b>	hard bones & teeth   normal blood clotting   blood sugar balance   vit D regulation   immunity	cruciferous & green vegetables   kiwi   eggs   herbs   fermented foods   gut microbes
*common deficiency  fat soluble  water soluble  antioxidant  hormone-like			

# Health Vitamin Guide

**Christian G. Meyer**



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