

THE ESSENTIAL VITAMINS

THE 13 VITAMINS YOUR BODY NEEDS TO FUNCTION PROPERLY | MORE AT CHEATDAYDESIGN.COM



VITAMIN A

Role: important for vision, skin, bones, and reproduction

Found in: carrots, sweet potatoes, spinach



VITAMIN B7 (BIOTIN)

Role: supports skin, hair, and nail health, and helps balance blood sugar

Found in: eggs, almonds, sweet potatoes



VITAMIN B1 (THIAMIN)

Role: converts carbs into energy & is vital for glucose metabolism

Found in: pork, sunflower seeds, whole grains



VITAMIN B9 (FOLATE)

Role: crucial for DNA synthesis and cell growth

Found in: asparagus, lentils, spinach



VITAMIN B2 (RIBOFLAVIN)

Role: plays a role in energy production, skin, and eye health

Found in: dairy, organ meat, almonds



VITAMIN B12 (COBALAMIN)

Role: necessary for nerve function and red blood cell formation

Found in: fortified cereals, eggs, dairy



VITAMIN B3 (NIACIN)

Role: DNA repair and metabolic function as well as energy

Found in: salt-water fish, poultry, avocado



VITAMIN C

Role: antioxidant that helps improve immune system

Found in: oranges, strawberries, bell pepper



VITAMIN B5 (PANTOTHENIC ACID)

Role: necessary for fatty acid synthesis

Found in: avocado, chicken, broccoli



VITAMIN D

Role: promotes calcium absorption for strong bones

Found in: mushrooms, egg yolks, fatty fish (and sunlight of course)



VITAMIN B6 (PYRIDOXINE)

Role: amino acid metabolism and red blood cell production

Found in: bananas, chickpeas, salmon



VITAMIN E

Role: antioxidant that helps stabilize cell membranes

Found in: almonds, spinach, sweet potatoes



VITAMIN K

Role: important for blood clotting and bone health

Found in: kale, spinach, broccoli

Guide To Ing Vitamins

Michael Seilmaier



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