







Vitamin Guide

	NAME	FUNCTIONS	FOOD SOURCES
A 	RETINOL 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
Bs* 	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
C 	ASCORBIC ACID	immune function wound healing collagen production vit E regeneration iron absorption antioxidant activity	pineapple papaya citrus kiwi berries tomatoes broccoli bell peppers guava
D* 	CHOLECALCIFEROL (D3)	hard bones + teeth mineral balance muscle contractions immune function heart health cell growth	SUN EXPOSURE liver fish cod liver oil eggs fortified dairy pork mushrooms
E 	D-ALPHA-TOCOPHEROL (MOST ACTIVE OF 8 FORMS)	immune function cardiovascular health skin health cell membrane stability antioxidant activity	nuts seeds extra-virgin olive oil avocado pumpkin spinach
K 	PHYLLOQUINONE (K1) MENAQUINONE (K2)	hard bones + teeth reduces 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