

# vitamins chart PDF

Vitamin	Function	Sources
Vitamin A	Supports vision, immune system, and skin health	Carrots, sweet potatoes, spinach, kale, liver, eggs, dairy
Vitamin B1	Aids in energy metabolism and nerve function	Whole grains, pork, nuts, seeds, legumes
Vitamin B2	Supports energy production and antioxidant function	Dairy products, leafy greens, almonds, mushrooms, eggs
Vitamin B3	Essential for DNA repair and metabolism	Meat, fish, poultry, nuts, seeds, legumes
Vitamin B5	Crucial for synthesizing coenzyme A and fatty acids	Avocado, chicken, beef, whole grains, legumes
Vitamin B6	Important for brain development and serotonin production	Chickpeas, salmon, potatoes, bananas, poultry
Vitamin B7	Vital for metabolism of fats, carbohydrates, and proteins	Eggs, nuts, seeds, sweet potatoes, salmon
Vitamin B9	Essential for DNA synthesis and fetal development	Leafy greens, legumes, citrus fruits, fortified grains
Vitamin B12	Necessary for red blood cell formation and nerve function	Meat, fish, dairy products, fortified cereals
Vitamin C	Acts as an antioxidant and boosts immune function	Citrus fruits, strawberries, bell peppers, broccoli
Vitamin D	Facilitates calcium absorption and bone health	Sunlight exposure, fatty fish, fortified dairy products
Vitamin E	Protects cells from oxidative damage	Nuts, seeds, vegetable oils, spinach, avocados
Vitamin K	Crucial for blood clotting and bone metabolism	Leafy greens, broccoli, brussels sprouts, eggs