

## Vitamins and their Benefits

VITAMINS	BENEFITS	FOOD SOURCES
A (retinol and beta-carotene)	Skin, eyes and immune system	Liver, carrots, sweet potatoes, squash
B1 Thiamine	Brain function, digestive tract, energy production	Liver, carrots, sweet potatoes, squash
B2 Riboflavin	Metabolizes fat, proteins and carbohydrates into energy, skin, hair, eyes	Eggs, cheese, mushrooms, poultry, spinach
B3 Niacin	Energy production, brain function, balance blood sugar levels, lowers cholesterol	Tuna, salmon, poultry, mushrooms, asparagus
B5 Pantothenic Acid	Controls fat metabolism, makes anti-stress hormones, energy production, skin, hair	Beef, avocados, eggs, mushrooms, lentils, whole wheat
B6 Pyridoxine	Good for physical and mental health, digestion, brain, hormone development	Carrots, poultry, eggs, bananas, cauliflower, nuts and seeds
B12 Methylcobalamin	Helps metabolize protein, assists the blood in carrying oxygen, nerves	Sardines, oysters, tuna, eggs, milk, cheese, dulse, kelp
Biotin	Cell growth, aids in using essential fatty acids, skin, hair	Oysters, eggs, sweet corn, almonds
Bioflavonoids	Should be used with vitamin C, helps heal sprains, muscle injuries and wounds, antioxidant	Citrus fruits, berries, peppers
C (ascorbic acid)	Immune system, tissue growth and repair, bones and joints, antioxidant and detoxifying, makes anti-stress hormones	Citrus fruits, peppers, broccoli, tomatoes, greens, avocados
Choline	Liver and gallbladder function, supports nervous system	Lecithin, eggs, legumes, soybeans, nuts, citrus fruits
Coenzyme Q10	Produces energy, improves cardiovascular health, maintains normal blood pressure, immune system support, antioxidant	Mackerel, sardines, pork, spinach, beef, peanuts

D (ergocalciferol, cholecalciferol)	Bones and teeth, helps retain calcium	Herring, salmon, mackerel, oysters, eggs, dairy products
E (d-alpha tocopherol)	Skin, protects cells, helps body use oxygen, improves wound healing	Unrefined oils, sunflower seeds, sesame seeds, wheat germ, tuna, peas, sweet potatoes
Folic Acid	Brain and nerve function, helps use protein, red blood cell formation, energy production	Wheat germ, spinach, peanuts, sprouts, asparagus, nuts, seed, broccoli, beef
Inositol	Cell growth, brain and spinal cord health, hair, lowers cholesterol	Lecithin, eggs, fish, liver, brewer's yeast, melon, nuts, citrus fruits
K (phylloquinone)	Blood clotting control, bone repair, promotes healthy liver function	Cauliflower, Brussels sprouts, cabbage, asparagus, chicken
Omega 3 (EPA, DHA)	Cardiovascular health, inflammation, nervous system, skin, improves sleep, hormone health	Fish, flaxseeds, sunflower seeds, sardines
Omega 6 (GLA)	Cardiovascular health, inflammation, nervous system, skin, improves sleep, hormone health	Sesame seeds, sunflower seeds, pumpkin seeds, walnuts, wheat germ, safflower; sunflower; corn oils