

# VITAMIN CHEAT SHEET

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## VITAMIN

## WHAT WE USE IT FOR

## GOOD SOURCES

**A**

For healthy vision, skin, bones, teeth & reproduction

Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach

**B1**

THIAMIN

Helps convert food into energy and is critical for nerve function

Pork, Soy, Watermelon, Tomato, Spinach

**B2**

RIBOFLAVIN

Helps convert food into energy and supports healthy skin, hair, blood & brain

Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters

**B3**

NIACIN

Helps convert food into energy and is essential for healthy nervous system

Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach

**B6**

PYRIDOXINE

Helps make red blood cells and improves sleep, appetite & mood

Chicken, Tofu, Banana, Watermelon, Fish, Legumes

**B7**

BIOTIN

Helps convert food to energy & break down glucose

Whole Grains, Eggs, Almonds, Soybeans, Fish

**B9**

FOLATE

Vital for new cell creation and DNA synthesis

Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus

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**B12**

Breaks down fatty acids & amino acids, helps make red blood cells

Dairy, Beef, Pork, Poultry, Fish, Eggs

**C**

Acts as an antioxidant, helps make new cells, & improves immune system

Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach

**D**

Strengthens and helps form bones & teeth via calcium & phosphorus

Egg Yolk, Fatty Fish, Liver, Sunlight

**E**

Acts as an antioxidant, helps stabilize cell membranes

Nuts, Avocado, Tofu, Whole Grains, Seeds

**K**

Essential for blood clotting and helping to regulate blood calcium

Broccoli, Brussels Sprouts, Liver, Leafy Greens

# Guide To Vitamin Supplements

**Lei Huang**



## **Guide To Vitamin Supplements:**

This book delves into Guide To Vitamin Supplements. Guide To Vitamin Supplements is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Guide To Vitamin Supplements, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide To Vitamin Supplements
- Chapter 2: Essential Elements of Guide To Vitamin Supplements
- Chapter 3: Guide To Vitamin Supplements in Everyday Life
- Chapter 4: Guide To Vitamin Supplements in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Guide To Vitamin Supplements. The first chapter will explore what Guide To Vitamin Supplements is, why Guide To Vitamin Supplements is vital, and how to effectively learn about Guide To Vitamin Supplements.

3. In chapter 2, the author will delve into the foundational concepts of Guide To Vitamin Supplements. This chapter will elucidate the essential principles that must be understood to grasp Guide To Vitamin Supplements in its entirety.

4. In chapter 3, this book will examine the practical applications of Guide To Vitamin Supplements in daily life. The third chapter will showcase real-world examples of how Guide To Vitamin Supplements can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Guide To Vitamin Supplements in specific contexts. This chapter will explore how Guide To Vitamin Supplements is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Guide To Vitamin Supplements. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide To Vitamin Supplements.

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