

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

CO Houle



Guide To Ing Vitamins:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Guide To Ing Vitamins**

In some sort of inundated with monitors and the cacophony of instant conversation, the profound power and mental resonance of verbal art usually diminish in to obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the lyrical pages of **Guide To Ing Vitamins**, a fascinating function of fictional brilliance that impulses with fresh emotions, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus books visitors on a psychological odyssey, gently revealing the latent potential and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect their fascinating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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