

# VITAMIN CHEAT SHEET

## 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

@cheatdaydesign

**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

# Nutritional Supplements Guide

**L Reisser**



## **Nutritional Supplements Guide:**

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