

VITAMIN Chart

	BENEFITS	VEGGIES
A <i>Retinol</i>	Supports Vision, Immune Function and Growth	
B1 <i>Thiamine</i>	Essential For Energy Metabolism and Nerve Function	
B2 <i>Riboflavin</i>	Supports Energy Production and Healthy Skin	
B3 <i>Niacin</i>	Helps With Energy Metabolism and Heart Health	
B5 <i>Pantothenic Acid</i>	Essential For Metabolism and Skin Health	
B6 <i>Pyridoxine</i>	Supports Brain	

MINERAL Chart

	BENEFITS	VEGGIES	FRUITS	GRAINS	PROTEIN	FATS
Ca <i>Calcium</i>	Essential For Bone Health, Muscle Function, Nerve Signaling + Blood Clotting					
Fe <i>Iron</i>	Supports Oxygen Transport, Energy Metabolism, & Cognitive Function					
Mg <i>Magnesium</i>	Supports Bone Health, Muscle + Nerve Function, Energy Production + Blood Pressure Regulation					
K <i>Potassium</i>	Regulates Fluid Balance, Muscle Function, Nerve Signaling, Blood Pressure, and Heart Health					
Na <i>Sodium</i>	Maintains Fluid Balance, Nerve Signaling, Muscle Function, and Aids Nutrient Absorption					
P <i>Phosphorus</i>	Important for Bone Health, Energy Metabolism, Cell Signaling, and DNA Synthesis					

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VITAMIN + MINERAL CHARTS

Vitamins Minerals A Basic Guide

WJ Hussar



Vitamins Minerals A Basic Guide:

The Enigmatic Realm of **Vitamins Minerals A Basic Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Vitamins Minerals A Basic Guide** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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