

# VITAMIN Chart

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

# MINERAL Chart

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

**Raffaella Di Napoli**



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