



Vitamins in Your Diet

HealthTips

Vitamin	Source	Function	Deficiency Symptoms
Water Soluble			
B1, Thiamin	Liver, legumes, yeast, whole grains	Coenzyme in cellular respiration	Beriberi, fatigue, loss of appetite
B2, Riboflavin	Eggs, dairy foods, green leafy vegetables, organ meats	Coenzyme in cellular respiration (in FAD and FMN)	Lesions in corners of mouth, eye irritation, skin disorders
B3, Niacin	Liver, meat, fowl, yeast	Coenzyme in cellular metabolism (in NAD and NADP)	Pellagra, diarrhea, skin disorders, mental disorders
B5, Pantothenic acid	Eggs, yeast, liver	Found in acetyl CoA	Adrenal problems, reproductive problems
B6, Pyridoxine	Dairy foods, liver, whole grains	Coenzyme in amino acid metabolism	Anemia, skin problems, convulsions, slow growth
B9, Folic acid	Vegetables, eggs, whole grains, liver	Coenzyme in formation of heme and nucleotides	Anemia
B12, Cobalamin	Dairy foods, liver, meat, eggs	Coenzyme in formation of nucleic acids and proteins, and in red blood cell formation	Pernicious anemia
Vitamin H, Biotin	Bacteria in gut, yeast, liver	Found in coenzymes	Skin problems, loss of hair
C, Ascorbic acid	Citrus fruits, tomatoes, potatoes	Aids formation of connective tissues; prevents oxidation of cellular constituents	Scurvy, poor bone growth, slow healing
Fat-soluble			
A, Retinol	Fruits, vegetables, liver, dairy foods	Found in visual pigments	Damage to mucous membranes, night blindness
D, Calciferol	Fortified milk, sunshine, fish oils	Absorption of calcium and phosphorus	Rickets
E, Tocopherol	Meat, whole grains, dairy foods	Muscle maintenance, prevents oxidation of cellular components	Anemia
K, Menadione	Liver, intestinal bacteria	Blood clotting	Blood-clotting problems (in newborns)

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