

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

George Harold Conn



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