

# 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

**ML Morrison**



## **Vitamins Minerals A Basic Guide:**

## **Vitamins Minerals A Basic Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Vitamins Minerals A Basic Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

<https://ftp.thebrandexperience.com/public/browse/HomePages/toolkit%20fitness%20planner.pdf>

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