

The A-B-Cs of vitamins

A

Helps support:
Your vision, the immune system and reproduction

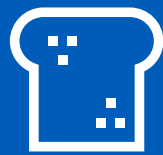
Commonly found in: Many foods, including salmon, broccoli, carrots, cantaloupe and dairy products



B1

Helps support:
The growth, development and function of cells

Commonly found in: Whole grains, meats, black beans and nuts
(also known as Thiamin)



B12

Helps support:
Nerve and blood cells and it helps make DNA

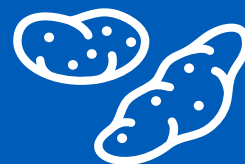
Commonly found in: Several animal foods, including beef liver, fish, poultry, eggs and milk



B6

Helps support:
The enzyme reactions involved in metabolism, as well as brain development during pregnancy and infancy

Commonly found in: Poultry, potatoes and starchy vegetables and non-citrus fruits



C

Helps support:
The immune system, the production of collagen and the absorption of iron from plant-based foods

Commonly found in: Fruits and vegetables, including citrus fruits, red and green peppers, broccoli and tomatoes



D

Helps support:
Strong bones, the absorption of calcium and the movement of muscles

Commonly found in: Not much! Small amounts can be found in cheese and mushrooms, however, many foods are fortified with Vitamin D



E

Helps support:
The immune system and blood vessels by widening them to keep blood flowing

Commonly found in: Vegetable oils, nuts and seeds and green vegetables



K

Helps support:
The clotting of blood and healthy bones

Commonly found in: Green, leafy vegetables; blueberries and soybeans

