

VITAMIN CHART

VITAMIN	USE FOR	GOOD SOURCE
A	For healthy vision, skin, bones, teeth & reproduction	 Liver  Eggs  Fish  Milk  Carrots  Sweet Potato  Pumpkin  Spinach
B1 THIAMIN	Helps convert food into energy and is critical for nerve function	 Pork  Soy  Watermelon  Tomato  Spinach  Sunflower Seeds  Yogurt  Fish
B2 RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair blood & brain.	 Dairy  Meat  Leafy Greens  Enriched Wheat  Oysters  Yogurt  Salmon  Chicken Breast
B3 NIACIN	Helps convert food into energy and is essential for healthy nervous system	 Beef  Chicken  Shrimp  Avocado  Peanuts  Tomato  Spinach  Banana
B6 PYRIDOXINE	Helps make red blood cells and improves sleep, appetite & mood	 Chicken  Tofu  Banana  Watermelon  Fish  Legumes  Fortified Cereal  Dark Leafy Greens
B7 BIOTIN	Helps convert food to energy & break down glucose	 Whole Grains  Eggs  Almonds  Soy  Fish  Walnuts  Salmon  Milk
B9 FOLATE	Vital for new cell creation and DNA synthesis	 Legumes  Spinach  Leafy Greens  Chick-peas  Tomato  Asparagus  Peanuts  Sunflower seeds
B12	Breaks down fatty acids & amino acids, helps make red blood cells	 Dairy  Beef  Pork  Poultry  Fish  Eggs  Liver  Fortified Cereal
C	Acts as an antioxidant, helps make new cells, & improves immune system	 Fruit  Fruit Juices  Bell Pepper  Broccoli  Tomato  Spinach  White Potato  Citrus
D	Strengthens and helps form bones & teeth via calcium & phosphorus	 Egg Yolk  Fatty Fish  Liver  Sunlight  Oranges  Red Meat  Soya Milk  Fortified Cereal
E	Acts as an antioxidant, help stabilize cell membranes	 Nuts  Avocado  Tofu  Whole Grains  Seeds  Almonds  Pumpkin  Sunflower Seeds
K	Essential for blood clotting and helping to regulate blood calcium	 Broccoli  Brussels Sprouts  Liver  Leafy Greens  Soy  Canola Oil  Cabbage  Lettuce

The Complete Of Vitamins

Denise Mortimore



The Complete Of Vitamins:

The Complete Guide to Sports Nutrition Anita Bean, 2009-05-01 The definitive practical handbook to sports nutrition now in its sixth edition fully updated and revised *The Complete Book of Vitamins* Prevention Magazine Editors, 1984 Abstract A total of 138 short chapters discuss a wide variety of topics associated with the role and use of vitamins in nutritional health and therapy for the general public The chapters are organized under 5 major headings vitamins in daily living the role of specific vitamins in specific health and body functions specific vitamin therapies for specific diseases tips from 2 dozen health specialists in 14 professional health fields e g nutrition pediatrics ophthalmology osteopathy internal medicine etc and a compilation of vitamin rich foods and recipes Tables listing the best food sources for each of 15 vitamins are included wz

The Complete Book of Vitamins and Minerals Arline McDonald, 1994 This easy to use guide contains the latest information on vitamins and minerals It includes up to date information on the role of vitamins and minerals in health and disease and a special section on the antioxidants vitamins C and E and beta carotene Also lists the contents of common vitamin mineral supplements The complete illustrated guide to vitamins and minerals Denise Mortimore, 2002 Everything you ve ever wanted to know about vitamins and minerals is presented in this guide to a healthy diet and the safe use of supplements Each vitamin or mineral has its own entry and the text is supported by illustrations and diagrams Complete Book of Vitamins & Minerals Susan Male Smith, 1996 **The Complete Dalmatian** Milo G. Denlinger, 1954 The Vitamin Book Harold M. Silverman, Joseph Romano, Gary Elmer, 2009-12-23 America s Most Reliable Vitamin Guide Completely Updated We ve all heard about the miraculous curative and preventive powers of vitamins minerals and herbal remedies Now the new revised *The Vitamin Book* compiled by pharmacological experts cuts through the confusion so you learn what to take and why Here is authoritative and up to date scientific information on exactly what vitamins minerals and herbal remedies can do for you You ll find Detailed descriptions of vitamins minerals trace elements and electrolytes including daily requirements dosages therapeutic uses and more The latest research on St John s wort echinacea CoQ10 DHEA and other popular herbal and dietary supplements An essential guide to brand name multivitamins found in your supermarket or health food store Specific recommendations for children athletes seniors and pregnant or postmenopausal women Guidelines for safe supplement use including megadosing and critical drug interactions The nutrient content of hundreds of common foods including popular fast foods How computer programs can monitor your vitamin and mineral intake And much much more

The Complete Book of Vitamins William Gottlieb, 1984-01-01 Offers a thorough discussion of the history nutritional and therapeutic function and performance of each vitamin Annual Report and Supplement Canada. Department of Marine and Fisheries, 1875 *Supplement No.2 to the Alphabetical Finding List of the Free Public Library of Jersey City, N.J. Jan. 1893* Free Public Library of Jersey City, 1891 **Self Culture** , 1897 **The Complete Book of Vitamins and Minerals for Health** , 1988 Vitamins minerals for a healthy life New York Supplement , 1894 Includes decisions of the Supreme

Court and various intermediate and lower courts of record May Aug 1888 Sept Dec 1895 Superior Court of New York City
Mar Apr 1926 Dec 1937 Jan 1938 Court of Appeals **A Supplement to Notes on Joseph Kellogg of Hadley** Justin
Perkins Kellogg,1899 *The Complete Vitamin Book* Carl Lowe,1994 Vitamins can contribute to better health and nutrition
if used correctly Now readers can learn how best to supplement their diets with the vitamins they need most Includes
information about pregnancy and nutrition smart drugs protein powders antioxidants diets and more The Lancet ,1946
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The Complete Of Vitamins Introduction

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