



## Vitamins and Minerals: Vital in the Correct Amounts, Potentially Harmful in Excess

### Proper Amounts

1. Supports Metabolism
2. Promotes Tissue Strength

### Potential Side Effects

1. Risk of Liver and/or Brain Damage
2. Various others from rashes to cancer

### Guidelines

- A. Consult a Medical Professional
- B. Follow the Label Directions
- C. Less is More
- D. Seek out natural sources vs manufactured when possible



Vitamin/Mineral	Function	Food Sources
A	Supports vision, skin, and immune system	Carrots, sweet potatoes, liver
B1	Supports energy production	Whole grains, legumes, meat
B2	Supports energy production and skin health	Eggs, milk, meat
B3	Supports energy production and nervous system	Meat, fish, whole grains
B5	Supports energy production and nervous system	Meat, eggs, whole grains
B6	Supports energy production and nervous system	Meat, fish, whole grains
B7	Supports skin health and metabolism	Eggs, yeast, meat
B9	Supports energy production and blood cell formation	Leafy greens, legumes, meat
C	Supports immune system and skin health	Citrus fruits, strawberries, bell peppers
D	Supports bone health and immune system	Fatty fish, egg yolks, fortified milk
E	Supports skin health and antioxidant activity	Nuts, seeds, vegetable oils
Ca	Supports bone health and muscle function	Dairy products, leafy greens, almonds
Fe	Supports oxygen transport and energy production	Red meat, poultry, fish, legumes
Mg	Supports muscle and nerve function	Leafy greens, nuts, seeds, whole grains
Zn	Supports immune system and wound healing	Meat, shellfish, legumes, seeds

### DIETARY SOURCES OF VITAMINS

