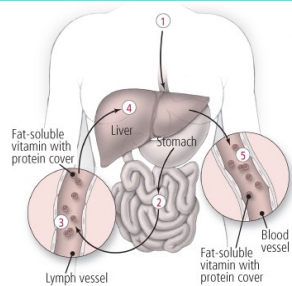


VITAMINS



Vitamin	Benefits	Soluble	Food Source
Vitamin A	vision (maintenance of cornea) protein synthesis & cell differentiation. reproduction and growth (bone, both growth and immunity.	Fat	Dairy, fortified milk, chesse, cream, butter, fortified margarine, eggs, liver. Spinach, dark leafy greens, deep orange fruits i.e. cantaloupe, mango and deep orange vegetables i.e. sweet potatoes, pumpkin carrots.
Vitamin B1	Healthy Metabolism, prevents nerve damage, supports a healthy cardiovascular system, boosts immunity, defends against brain damage, enhances learning, keeps a positive mood and prevents vision problems.	Water	Animal protein, soy milk, squash, acorn. Tortilla flour mung beans, con flakes, split peas, white beans, navy beans, black beans, pinto beans, nutritional yeast, sunflower seeds, potato, watermelon, orange, milk, eggs, liver. Spinach, dark leafy greens, deep
Vitamin B2	Needed for the functioning of every single cell within the body. Helps prevent headaches, migraines, support eye health, can help that and prevent anemia. Maintain energy levels, antioxidant levels, and healthy skin and hair.	Water	cheeses, eggs, beans and legumes, almonds, tahini, mushrooms, green leafy vegetables, animal meat especially animal organs.
Vitamin B7 - Biotin	Healthy Metabolism, improve glucose intolerance, and help balance blood sugar. Healthy hair, skin, and nails, Protects brain function and fights cognitive decline, maintain a healthy cardiovascular system. Support thyroid and adrenal function. Needed to build and repair tissues and muscles.	Water	Liver, eggs, salmon, cheese, avocado, raspberries other berries, ezekeil bread, yeast, mushrooms and other types of fish
Vitamin B12	Helps maintain energy levels, memory loss and lowers risk of neurodegenerative disease, Boosts mood and helps the nervous system to properly function and aids in a healthy cardiovascular systems. Needed for healthy skin and hair even aids digestion. Leads to a healthy pregnancy. Produce red blood cells and prevent anemia.	Water	Animal foods are the best food sources including organic grass-fed dairy products, cage-free eggs, grass-fed meat, wild-caught fish, organic poultry and organ meats. Fortified plant foods like nutritional yeast, fortified grain products and algae sea vegetables have some but not nearly as absorbable as animal products. Supplementation necessary for Elders and Vegan, Vegetarians
Vitamin C	Repair and maintain teeth and bones, slow down and prevent cell damage. Maintain healthy body tissues. Boosts immune system. Helps absorb iron from plant foods. Decreases severity and duration of colds. Fights free radical damage. Builds collagen needed to bind bones, joints, tendons, and ligaments together. Builds and maintains blood vessels.	Water	Fresh and raw fruits and vegetables.
Vitamin D	Can assist in obtaining your natural weight, immune system regulator, Can reduce the severity and frequency of Asthma Symptoms. Helps with brain function later in life. Naturally beats crohn's disease, can help prevent the onset of Cancer. Works to maintain healthy blood sugar levels in diabetics. Boost mitochondrial function naturally. All natural disease fighter. Overcoming depression naturally.	Fat	Sunlight, many fish such as halibut, salmon, whitefish, rainbow trout, swordfish, tuna, portabella mushrooms, eggs and raw milk.
Vitamin E	Balances cholesterol, Fights free radicals and prevents disease development, repairs damaged skin, thickens hair, balances hormones, helps pms symptoms, improves vision, physical endurance and muscle strength.	Fat	Sunflower seeds, almonds, hazelnuts, mango, avocado, butter squash, spinach, kiwi and wheatgerm
Vitamin K	Vital role in blood clotting as well as bone calcification; both vital body functions for healthy living and disease free aging.	Fat	Spinach, kale, broccoli, brussel sprouts, cabbage, cauliflower, soybeans, cow's milk, lettuce, asparagus, collard greens, bok choy, peas, parsley, green tea, lentils, split peas.

Sources: draxe.com
vitaminsstudyguide.wikispaces.com