

Essential Needs of Vitamins & Minerals

Water-Soluble Vitamins

B Vitamins

- Biotin (Vitamin B7) – *Hair, skin, and nails; energy production*
- Folic Acid (Folate, Vitamin B9) – *Blood glucose levels; cell growth*
- Niacin (Vitamin B3) – *Cholesterol; cardiovascular health*
- Pantothenic Acid (Vitamin B5) – *Blood cell production; energy production*
- Riboflavin (Vitamin B2) – *Growth, protein, carb, and fat metabolism*
- Thiamin (Vitamin B1) – *Glucose metabolism; nerve, muscle and heart function*
- Vitamin B6 – *Red Blood cells; neurotransmitters; carb and fat metabolism*
- Vitamin B12 – *Red blood cell formation; nervous system; DNA production*

C Vitamin – *cell repair, immune system; wound healing*

Fat-Soluble Vitamins

- Vitamin A – *Immune System; vision*
- Vitamin D – *Bones; immune system*
- Vitamin E – *Free radical neutralization; immune system, skin*
- Vitamin K – *Blood clotting; calcium balance; bone metabolism*

Minerals

- Calcium – *Bones; blood clotting; muscle contraction*
- Chloride – *Electrolyte balance; keeps fluid inside cells*
- Magnesium – *Muscle and nerve function; blood glucose levels*
- Phosphorus – *Found in bones; helps to filter waste in kidneys*
- Potassium – *Blood pressure, fluid storage*
- Sodium – *Electrolyte balance; keep water inside and outside cells*
- Sulfur – *Makes protein; regulates gene expression; builds and repairs DNA*

Trace Minerals

- Chromium – *helps move blood sugar from the bloodstream in cells; turns fats, carbohydrates and protein into energy*
- Copper – *Blood cells; immune system; cardiovascular health*
- Iodine – *Thyroid hormones*
- Iron – *growth and development; makes hemoglobin*
- Manganese – *Muscle and nerve function; blood glucose, blood pressure*
- Molybdenum – *Enzyme activation; toxin clearing*
- Selenium – *Thyroid; cognition; asthma*
- Zinc – *Immune system; enzymes*