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## VITAMINS CHART (SPEEDY STUDY GUIDE)

Vitamin	Functions	Deficiency	Food
Vitamin A	Essential for vision, skin, and immune system.	Blurred vision, dry eyes, and skin problems.	Carrots, sweet potatoes, and leafy greens.
Vitamin B1	Essential for energy production and brain function.	Fatigue, weakness, and memory loss.	Whole grains, meat, and dairy products.
Vitamin B2	Essential for energy production and skin health.	Cracks in the mouth and skin rashes.	Eggs, milk, and leafy greens.
Vitamin B3	Essential for energy production and skin health.	Pellagra (diarrhea, dermatitis, and dementia).	Meat, fish, and whole grains.
Vitamin B5	Essential for energy production and brain function.	Fatigue and weakness.	Whole grains, meat, and dairy products.
Vitamin B6	Essential for energy production and brain function.	Depression and weakness.	Meat, fish, and whole grains.
Vitamin B7	Essential for energy production and brain function.	Weakness and depression.	Eggs, meat, and dairy products.
Vitamin B9	Essential for energy production and brain function.	Weakness and depression.	Leafy greens, meat, and dairy products.
Vitamin C	Essential for immune system and skin health.	Weakness and skin problems.	Citrus fruits, berries, and leafy greens.
Vitamin D	Essential for bone health and immune system.	Weakness and bone problems.	Fatty fish, egg yolks, and fortified milk.
Vitamin E	Essential for skin health and immune system.	Skin problems and weakness.	Nuts, seeds, and leafy greens.
Vitamin K	Essential for blood clotting and bone health.	Bleeding and bone problems.	Leafy greens, broccoli, and Brussels sprouts.

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 282 x 216 mm. Language: English. Brand New Book. There is a wide range of vitamins to learn about, and a plethora of information on what these vitamins can do for you. Some vitamins promote a healthy metabolism, some give you a boost of energy, and there are some that are simply good for improving the health of your skin, hair, and nails. A vitamin chart study guide can..

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- Released at 2014



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*This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Prof. Dale Fahey MD**

*It becomes an remarkable publication that we have possibly go through. It is among the most remarkable book i actually have read through. Your lifestyle period will likely be transform when you to tal reading this publication.*

-- **Dominique Bergstrom**

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