

<b>Vitamin Benefits &amp; Sources</b>		
<b>Vitamin</b>	<b>Benefits</b>	<b>Food Sources</b>
Vitamin A (retinol)	Maintains healthy vision; assists growth & reproduction; assists immune system; protects against cancer	Green & yellow fruits and veggies; fish liver oils; herbs (paprika, parsley, etc)
Vitamin C	Builds collagen; maintains health gums, teeth, and blood vessels.	Grapefruit, oranges, strawberries, spinach, cabbage, melons, tomatoes
Vitamin D	Aids in calcium absorption; assists in growth of bones and teeth	Sunlight, salmon, tuna, eggs, milk, butter
Vitamin E	Protects cells from damage; improves circulation; is an antioxidant; prevents cancer; repairs tissues	Apples, peanuts, spinach, blackberries, mangos
Vitamin B1 (thiamine)	Assists in blood formation; energizes; promotes growth & learning capacity	Egg yolks, fish, oatmeal, peanuts, poultry
Vitamin B2 (riboflavin)	Helps in formation of red blood cells	Cheese, milk, egg yolks, spinach, mushrooms, broccoli
Vitamin B3 (niacin)	Promotes healthy skin and good circulation	Carrots, wheat germ, cheese, peanuts, milk
Vitamin B5 (pantothenic)	Antistress vitamin	Eggs, liver, mushrooms
Vitamin B6	Promotes cancer immunity;	Walnuts, eggs, spinach, peas, chicken, bananas
Vitamin B12	Prevents anemia; helps utilization of iron	Seafood, dairy, eggs, milk