

## Vitamin overview

<b>Vitamin</b>	<b>Function</b>	<b>Sources</b>
Vitamin A (Retinol)	Immune system, night vision, healthy skin and linings of organs, such as in the nose	Oily fish, eggs, milk and yoghurts
Vitamin A (Carotene)	Can be converted in the Vitamin A within the body	Orange, yellow, red coloured veg and fruits, green leafy veg – broccoli, spinach, kale, carrots, sweet potatoes, peppers, apricots, papaya, mango
Vitamin B1 (thiamine)	Energy Production, nerve function	Vegetables, fruits, wholegrain bread, liver
Vitamin B2 (riboflavin)	Energy Release, nerve function, healthy skin and eyes	Milk, eggs, rice
Vitamin B3 (niacin)	Energy Production, nerve Function, healthy skin	Meat, fish, eggs, wheat flour, milk
Pantothenic Acid	Energy Release	Tomatoes, broccoli, eggs, many meats and vegetables
Vitamin B6 (pyridoxine)	Production of red blood cells, store and release of energy from carbs and protein	Poultry, pork, fish, whole cereals, vegetables, soya beans, milk, eggs, peanuts
Folic Acid	Keeps nervous system healthy, works with B12 to form healthy red blood cells	Broccoli, Brussel sprouts, chick peas, asparagus, spinach, peas, liver
Vitamin B12	Making red blood cells, energy release, helps Folic Acid to work, healthy nervous system	Meat, salmon, cod, milk, eggs, cheese
Vitamin C	Anti-oxidant, healthy immune system, wound healing, keeps cells healthy, connective tissues to support to support organs and tissues	Citrus fruits, berries, peppers, broccoli, potatoes
Vitamin D	Healthy bones and teeth,	Oily fish such as salmon, sardines and mackerel
Vitamin E	Healthy skin, eyes, immune system, anti-oxidant	Nuts and seeds, wheat germ, plant oils – soya, olive, corn
Vitamin K	Blood clotting for wound healing	Green leafy veg, vegetable oils, cereal grains