

# Vitamins

**Vitamin A** - Helps fight infection, maintains healthy vision, Plays a key role in heart, lung, and kidney health. Keeps skin healthy by fighting off toxins (also called free radicals). Strengthens bones and teeth.

**Vitamin B1** - (Thiamine) Vitamin B1 is a vital human nutrient that belongs to the Vitamin B complex. It plays an important role in maintaining a healthy nervous system and improving the cardiovascular functioning of the body. Vitamin B1 is also required for the breakdown of fats and protein.

**Vitamin B2** - Impressive Riboflavin (Vitamin B2) Benefits. Vitamin B2 is a water soluble vitamin. The human body needs a daily dosage of it since it cannot be stored in the body. It plays a major role in energy production and represents an essential nutrient in your diet.

**Vitamin B5** - Helps convert food into energy. Helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin

**Vitamin B6** - Aids in lowering homocysteine levels and may reduce the risk of heart diseaseHelps convert tryptophan to niacin and serotonin, a neurotransmitter that plays key roles in sleep, appetite, and moods. Helps make red blood cells Influences cognitive abilities and immune function

**Vitamin B12** - Aids in lowering homocysteine levels and may lower the risk of heart disease. Assists in making new cells and breaking down some fatty acids and amino acids. Protects nerve cells and encourages their normal growth Helps make red blood cells

**Vitamin C** - Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Long-term use of supplemental vitamin C may protect against cataracts. Helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls.Helps make the neurotransmitters serotonin and norepinephrine Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Bolsters the immune system

**Vitamin D** - Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones. Supplements can reduce the number of non-spinal fractures

**Vitamin K** - Activates proteins and calcium essential to blood clotting. May help prevent hip fractures

**Folate** - Vital for new cell creationHelps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. Can lower levels of homocysteine and may reduce heart disease risk May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol

**Niacin** - Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system

**Choline** - Helps make and release the neurotransmitter acetylcholine, which aids in many nerve and brain activities. Plays a role in metabolizing and transporting fats.