



## Vitamin & Mineral Guide

A simple, print-friendly reference for everyday wellness.

### Vitamins

Nutrient	What it supports	Food sources
Vitamin A (Retinol / Beta-carotene)	Vision, immune support, skin health, growth and development.	Carrots, sweet potato, spinach/kale, eggs, dairy, liver, cantaloupe.
Vitamin C (Ascorbic acid)	Antioxidant; collagen formation; supports immunity and wound healing.	Citrus, strawberries, bell peppers, broccoli, Brussels sprouts, kiwi.
Vitamin D2 (Ergocalciferol)	Supports calcium absorption, bone health, and immune function.	UV-exposed mushrooms, fortified foods (plant milks/cereals).
Vitamin D3 (Cholecalciferol)	Bone and muscle health; calcium regulation; immune support.	Sunlight, fatty fish, cod liver oil, egg yolk, fortified dairy.
Vitamin E (Tocopherols / Tocotrienols)	Antioxidant; supports cell membranes and immune function.	Nuts/seeds, wheat germ, sunflower oil, spinach, avocado.
Vitamin K1 (Phylloquinone)	Normal blood clotting; supports bone health.	Leafy greens (kale, spinach), broccoli, cabbage, herbs.
Vitamin K2 (Menaquinones)	Directs calcium toward bones/teeth; supports heart and bone health.	Fermented foods (natto), aged cheeses, egg yolk, meats.
Vitamin B1 (Thiamin)	Energy metabolism; nerve function.	Whole grains, pork, legumes, nuts/seeds, fortified cereals.
Vitamin B2 (Riboflavin)	Energy production; supports skin/eye health.	Dairy, eggs, lean meats, almonds, mushrooms, fortified grains.
Vitamin B3 (Niacin)	Energy metabolism; supports skin and nervous system.	Poultry, fish, peanuts, whole grains, legumes.
Vitamin B5 (Pantothenic acid)	Energy production; helps make hormones and cholesterol.	Chicken, beef, eggs, mushrooms, avocados, whole grains.
Vitamin B6 (Pyridoxine)	Protein metabolism; brain/nerve support; immune function.	Chickpeas, salmon, poultry, bananas, potatoes, fortified cereals.
Vitamin B7 (Biotin)	Fat/carb/protein metabolism; supports hair/skin/nails.	Egg yolk, nuts/seeds, salmon, sweet potato, legumes.
Vitamin B9 (Folate / Folic acid)	DNA synthesis; red blood cell formation; important in pregnancy.	Leafy greens, beans/lentils, citrus, asparagus, fortified grains.
Vitamin B12 (Cobalamin)	Nerve health; red blood cell formation; DNA synthesis.	Meat, fish, eggs, dairy; fortified foods for plant-based diets.
Choline	Brain and nerve support; liver function; cell membranes.	Eggs, liver, salmon, chicken, soybeans, broccoli.

### Minerals

Nutrient	What it supports	Food sources
Calcium	Bones/teeth; muscle contraction; nerve signaling.	Dairy, fortified plant milks, sardines, kale, tofu (calcium-set).
Phosphorus	Bones/teeth; energy (ATP); cell membranes.	Meat, dairy, beans, nuts, whole grains.
Magnesium	Muscle/nerve function; energy production; heart rhythm.	Leafy greens, nuts/seeds, beans, whole grains, cocoa.
Potassium	Fluid balance; blood pressure support; muscle function.	Bananas, potatoes, beans, leafy greens, yogurt, citrus.
Sodium	Fluid balance; nerve and muscle function.	Table salt, soups/processed foods; naturally in many foods.
Chloride	Fluid balance; stomach acid (HCl).	Table salt, olives, tomatoes, lettuce.
Iron	Oxygen transport (hemoglobin); energy metabolism.	Red meat, beans/lentils, spinach; pair plant sources with vitamin C.
Zinc	Immune support; wound healing; taste/smell.	Meat, pumpkin seeds, legumes, dairy, whole grains.
Iodine	Thyroid hormone production.	Iodized salt, seaweed, dairy, fish.
Selenium	Antioxidant enzymes; thyroid support.	Brazil nuts, seafood, meats, eggs.
Copper	Iron metabolism; connective tissue; antioxidant enzymes.	Shellfish, nuts/seeds, cocoa, organ meats.
Manganese	Bone formation; metabolism; antioxidant support.	Whole grains, nuts, legumes, tea.
Chromium	Helps insulin function; carb/fat metabolism.	Meats, whole grains, broccoli (amounts vary).
Molybdenum	Enzyme cofactor; helps break down certain compounds.	Legumes, grains, nuts (amounts vary).
Fluoride	Tooth enamel support.	Fluoridated water, tea, seafood (amounts vary).

## Optional / Not Essential

Nutrient	What it supports	Food sources
Inositol (sometimes called "B8")	Not an essential vitamin; supports cell signaling; found widely in foods.	Citrus, beans, whole grains, nuts, cantaloupe.
PABA (sometimes called "B10")	Not an essential vitamin; used by some bacteria; not required as a nutrient.	Whole grains, mushrooms, spinach (amounts vary).
Salicylic acid (sometimes called "B11")	Not an essential vitamin; naturally occurs in plants; not required as a nutrient.	Fruits/vegetables (especially berries, herbs, spices).

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