The Six Essential Vitamins

B VITAMINS

- Consists of 8 separate vitamins that work together as coenzymes to ensure that chemical reactions are able to take place in the body
- Found in whole grain foods, fruits, vegetables, poultry, and beans

VITAMIN C

- Important in making protein collagen, which is required for healthy bones, skin, nails, teeth and blood vessels
- Also acts as an antioxidant, which prevents damage from free radicals that can cause chronic diseases such as heart disease and cancer
- Found in tomatoes, peppers, potatoes, oranges, and cantaloupe

VITAMIN A

- One of the main components of the proteins in the eye, also plays an important role in cell division and cell differentiation
- Found in milk, cheese, eggs, sweet potatoes, carrots, and spinach

VITAMIN E

- Acts as an antioxidant protecting your body from damage caused by free radicals
- Decreases the risk of developing atherosclerosis and acts as an anticoagulant, preventing blood from forming abnormal clots
- Found in oil, nuts, seeds, and green leafy vegetables

VITAMIN K

- Key factor in blood clotting, ensuring that blood platelets come together to stop bleeding
- Found in broccoli, spinach, asparagus, brussels sprouts and cabbage

VITAMIN D

- Referred to as the “Sunshine Vitamin” because it is generated in the skin when exposed to sunlight and helps keep bones strong by regulating the minerals calcium and phosphorous
- Can also be found in fortified milk, cereals, and yogurt

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