

Vitamins Your Body Needs

There are 13 essential vitamins that your body requires to develop, grow and stay healthy. In addition to supplements, all vitamins (and minerals) can be found in a balanced diet.

Essential Vitamins

A helps prevent night blindness and is important for the immune system. Find it in colorful fruits and vegetables like carrots, red and orange bell peppers, sweet potatoes and kale.



C helps strengthen the immune system and speed wound healing. Find it in just about every fruit or vegetable. Broccoli and oranges are especially good sources.



D important for preventing osteoporosis, vitamin D can also improve mood stability, prevent chronic fatigue and there is some evidence that it can help ward off Seasonal Affective Disorder (SAD). Good food sources are salmon, sardines, milk and eggs.



E helps keep your skin healthy and your cells functioning properly. Find it in spinach, almonds, sunflower seeds and even cayenne pepper.



K allows your blood to clot normally and helps to prevent bone loss. Kale, romaine lettuce and broccoli are excellent picks for getting enough vitamin K.



B Vitamins

Thiamine supports heart function. Tuna, sunflower seeds, beans and peas are all excellent sources.



Riboflavin helps to maintain the supply of all other B vitamins while also preventing cellular damage. Yogurt, milk and spinach all have riboflavin.



Niacin can help stabilize both blood sugar and cholesterol levels in the body. Find it in salmon, chicken, turkey and tuna.



Pantothenic Acid

helps your body transform carbohydrates and fat into usable energy. Mushrooms, yogurt, avocado and cauliflower are all rich food sources.



Biotin keeps skin, muscles and nerves healthy and functioning properly. Egg yolk is the best source of biotin there is.



B-6 supports the proper breakdown of sugars and starches. Chicken, halibut, venison, salmon and chicken are great ways to get it in the diet.



B-12 prevents anemia by supporting red blood cells and supports metabolism of fat, protein and carbohydrates. Salmon, chicken, venison, scallops, shrimp and halibut are excellent sources.

Folate can help prevent anemia, osteoporosis, Alzheimer's and supports cell production. Lentils, beans and spinach are

