

[http://www.netdoctor.co.uk/health\\_advice/facts/vitamins\\_which.htm](http://www.netdoctor.co.uk/health_advice/facts/vitamins_which.htm) Vitamins

The materials in this web site are in no way intended to replace the professional medical care, advice, diagnosis or treatment of a doctor. The web site does not have answers to all problems. Answers to specific problems may not apply to everyone. If you notice medical symptoms or feel ill, you should consult your doctor.

#### Vitamin A (retinol) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Eyesight, growth, appetite and taste.	Night-blindness.	800 micrograms	Liver, fish-liver oil, carrots, green leafy vegetables, egg yolks, enriched margarine, milk products, yellow fruits.	This vitamin is fat-soluble and so is stored in the body for a long time, especially in pregnancy. An overdose may be dangerous.	Fatty acids.

#### Vitamin B1 (thiamine) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Nervous system, digestion, muscles, heart, alcohol-damaged nerve tissues.	Tingling in fingers and toes, confusion, difficulties in maintaining balance, loss of appetite, exhaustion, weakened powers of concentration.	1.4mg	Liver, yeast, rice, wholemeal products, peanuts, pork, milk.	No danger. It dissolves in water, so any excess is passed in urine.	High temperatures, alcohol and coffee.

#### Vitamin B2 (riboflavin) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Growth, skin, nails, hair, sensitive lips and tongue, eyesight, the breakdown of protein, fat and carbohydrate.	Itchy irritated eyes, itchy mucous membranes (nose/mouth/throat), itchy lips and skin.	1.6mg	Milk, liver, yeast, cheese, green leafy vegetables, fish.	No danger. It dissolves in water, so any excess is passed in urine.	Alcohol and light (this is why milk-cartons are better than bottles).

#### Vitamin B6 (pyridoxine) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Preventing skin conditions, nerve problems, helps the body absorb protein and carbohydrate.	Skin inflammation.	2mg - women taking the contraceptive pill may need more.	Fish, bananas, chicken, pork, wholegrains, dried beans.	May cause nerve problems in large doses. Evidence is conflicting about the maximum safe dose, so get medical advice before exceeding the RDA.	The contraceptive pill, roasted or boiled food, alcohol and oestrogen (the female hormone).

#### Vitamin B12 (cobalamin) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Making red blood and the formation of the nerves.	Tiredness, breathing difficulties, dizziness, abnormalities in nerve tissue function.	1 microgram	Fish, liver, beef, pork, milk, cheese.	No danger. It dissolves in water, so any excess is passed in urine.	Water, sunlight, alcohol, oestrogen and sleeping pills

### Vitamin C (ascorbic acid) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Immune defense system, protection from viruses and bacteria, healing wounds, reducing cholesterol, cell lifespan, preventing scurvy. It's also a natural laxative.	Tiredness, bleeding gums, slow-healing wounds.	60mg	Citrus fruits, kiwi fruit, berries, tomatoes, cauliflower, potatoes, green leafy vegetables, peppers.	Large doses can cause diarrhoea and nausea. Some scientists have argued that 1000-5000mg per day may damage your DNA.	Boiling food, light, smoking and heat.

### Vitamin D properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Strong bones and teeth	Unhealthy teeth, osteomalacia (causes weakening of bones), rickets in children.	5 micrograms	Sunlight (the action of sunlight on the skin allows our bodies to manufacture vitamin D), cod-liver oil, sardines, herring, salmon, tuna, milk and milk products.	This vitamin is fat-soluble so can accumulate in the body. Overdoses are dangerous.	Mineral oil.

### Vitamin E (tocopherol) properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Fighting toxins - vitamin E is a powerful antioxidant.	Weak muscles and fertility problems.	10mg	Nuts, soya beans, vegetable oil, broccoli, sprouts, spinach, wholemeal products, eggs.	There is a slight risk of overdose, because vitamin E is fat soluble.	Heat, oxygen, frost, iron, chlorine and mineral oil.

### Folic acid properties

Good for	Signs of deficiency	RDA	Good sources	Poisoning	Destroyed by
Production of red blood cells. It is essential in the first three months of pregnancy to prevent birth defects such as spina bifida, cleft palate or cleft lip.	Tiredness due to anaemia, red tongue.	200 micrograms. Women planning to conceive should take a daily supplement of 400mcg, continued for the first 12 weeks of pregnancy.	Carrots, yeast, liver, egg, yolks, melon, apricots, pumpkin, avocado, beans, rye and wholewheat, green leafy vegetables.	No danger. It dissolves in water, so any excess is passed in urine.	Water, sunlight, oestrogen, heat.

## Minerals

### Calcium

Good for	Signs of deficiency	RDA	Good sources	Poisoning
Strong bones and teeth, nerve function, muscle contraction, blood clotting.	Poor teeth and brittle bones.	800mg	Milk, cheese, butter, yoghurt and green leafy vegetables.	High doses can lead to headaches, stomach pain, high blood pressure and diarrhoea. Excess calcium can be deposited as kidney and gall bladder stones.

### Iron

Good for	Signs of deficiency	RDA	Good sources	Poisoning
Red blood cells and muscle function, white blood cells and the immune system.	Tiredness, irritability, difficulties concentrating.	14mg	Lean red meat, oily fish, egg yolks, green leafy vegetables, nuts, wholegrains and wholewheat.	Iron is stored in the body and high doses (over 17mg) can lead to constipation, vomiting, nausea and diarrhoea. Very high doses can be fatal.

### Magnesium

Good for	Signs of deficiency	RDA	Good sources	Poisoning
Converting energy from food, cell repair, building strong bones, teeth and muscles, regulating body temperature.	Muscle spasms, and has been associated with heart disease, diabetes, high blood pressure and weak bones.	300mg	Green leafy vegetables, wholegrains and nuts.	High doses can cause diarrhoea.

### Zinc

Good for	Signs of deficiency	RDA	Good sources	Poisoning
Immune system, the breakdown of protein, fat and carbohydrate.	Lesions on skin, eyes and in throat, loss of taste and smell, hair loss, diarrhoea, slow healing of wounds, growth problems in children.	15mg	Meat, shellfish, milk brown rice and wholegrains.	High doses can lead to stomach cramps, nausea and vomiting.

<http://www.healthchecksyste.ms.com/vitamins.htm>

## Vitamins

Vitamin	What the vitamin does	Significant food sources
<b>B1 (thiamin)</b>	Supports energy metabolism and nerve function	spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk
<b>B2 (riboflavin)</b>	Supports energy metabolism, normal vision and skin health	spinach, broccoli, mushrooms, eggs, milk, liver, oysters, clams
<b>B3 (niacin)</b>	Supports energy metabolism, skin health, nervous system and digestive system	spinach, potatoes, tomato juice, lean ground beef, chicken breast, tuna (canned in water), liver, shrimp
<b>Biotin</b>	Energy metabolism, fat synthesis, amino acid metabolism, glycogen synthesis	widespread in foods
<b>Pantothenic Acid</b>	Supports energy metabolism	widespread in foods
<b>B6 (pyridoxine)</b>	Amino acid and fatty acid metabolism, red blood cell production	bananas, watermelon, tomato juice, broccoli, spinach, acorn squash, potatoes, white rice, chicken breast
<b>Folate</b>	Supports DNA synthesis and new cell formation	tomato juice, green beans, broccoli, spinach, asparagus, okra, black-eyed peas, lentils, navy, pinto and garbanzo beans
<b>B12</b>	Used in new cell synthesis, helps break down fatty acids and amino acids, supports nerve cell maintenance	meats, poultry, fish, shellfish, milk, eggs
<b>C (ascorbic acid)</b>	Collagen synthesis, amino acid metabolism, helps iron absorption, immunity, antioxidant	spinach, broccoli, red bell peppers, snow peas, tomato juice, kiwi, mango, orange, grapefruit juice, strawberries
<b>A (retinol)</b>	Supports vision, skin, bone and tooth growth, immunity and reproduction	mango, broccoli, butternut squash, carrots, tomato juice, sweet potatoes, pumpkin, beef liver
<b>D</b>	Promotes bone mineralization	self-synthesis via sunlight, fortified milk, egg yolk, liver, fatty fish
<b>E</b>	Antioxidant, regulation of oxidation reactions, supports cell membrane stabilization	polyunsaturated plant oils (soybean, corn and canola oils), wheat germ, sunflower seeds, tofu, avocado, sweet potatoes, shrimp, cod
<b>K</b>	Synthesis of blood-clotting proteins, regulates blood calcium	Brussels sprouts, leafy green vegetables, spinach, broccoli, cabbage, liver

## Minerals

Mineral	What the mineral does	Significant food sources
<b>Sodium</b>	Maintains fluid and electrolyte balance, supports muscle contraction and nerve impulse transmissions	salt, soy sauce, bread, milk, meats
<b>Chloride</b>	Maintains fluid and electrolyte balance, aids in digestion	salt, soy sauce, milk, eggs, meats
<b>Potassium</b>	Maintains fluid and electrolyte balance, cell integrity, muscle contractions and nerve impulse transmission	potatoes, acorn squash, artichoke, spinach, broccoli, carrots, green beans, tomato juice, avocado, grapefruit juice, watermelon, banana, strawberries, cod, milk
<b>Calcium</b>	Formation of bones and teeth, supports blood clotting	milk, yogurt, cheddar cheese, Swiss cheese, tofu, sardines, green beans, spinach, broccoli
<b>Phosphorus</b>	Formation of cells, bones and teeth, maintains acid-base balance	all animal foods (meats, fish, poultry, eggs, milk)
<b>Magnesium</b>	Supports bone mineralization, protein building, muscular contraction, nerve impulse transmission, immunity	spinach, broccoli, artichokes, green beans, tomato juice, navy beans, pinto beans, black-eyed peas, sunflower seeds, tofu, cashews, halibut
<b>Iron</b>	Part of the protein hemoglobin (carries oxygen throughout body's cells)	artichoke, parsley, spinach, broccoli, green beans, tomato juice, tofu, clams, shrimp, beef liver
<b>Zinc</b>	A part of many enzymes, involved in production of genetic material and proteins, transports vitamin A, taste perception, wound healing, sperm production and the normal development of the fetus	spinach, broccoli, green peas, green beans, tomato juice, lentils, oysters, shrimp, crab, turkey (dark meat), lean ham, lean ground beef, lean sirloin steak, plain yogurt, Swiss cheese, tofu, ricotta cheese
<b>Selenium</b>	Antioxidant. Works with vitamin E to protect body from oxidation	seafood, meats and grains
<b>Iodine</b>	Component of thyroid hormones that help regulate growth, development and metabolic rate	salt, seafood, bread, milk, cheese
<b>Copper</b>	Necessary for the absorption and utilization of iron, supports formation of hemoglobin and several enzymes	meats, water
<b>Manganese</b>	Facilitates many cell processes	widespread in foods
<b>Fluoride</b>	Involved in the formation of bones and teeth, helps to make teeth resistant to decay	fluoridated drinking water, tea, seafood
<b>Chromium</b>	Associated with insulin and is required for the release of energy from glucose	vegetable oils, liver, brewer's yeast, whole grains, cheese, nuts
<b>Molybdenum</b>	Facilitates many cell processes	legumes, organ meats

- [A -Z's Freshair Fare Natural Mkt. Inc.](#)

114 S 8th St  
Saint Joseph, MO 64501 [Map](#)

- (816) 279-9977



Review This Business!

- [Rate it](#)
- **Read Reviews**
- [More Info](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

Dutch Maid Bulk Foods  
17567 Us Highway 71, Saint Joseph, MO  
(816) 324-1544

- [General Nutrition Center](#)

3700 Frederick Ave  
Saint Joseph, MO 64506 [Map](#)

- (816) 232-3095



Review This Business!

- [Rate it](#)
- **Read Reviews**
- [More Info:](#)
- [Products & Services](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

- [General Nutrition Center](#)

4 E Hills Dr  
Saint Joseph, MO 64503

- (816) 364-6940



Review This Business!

- [Rate it](#)
- **Read Reviews**
- [More Info:](#)
- [Products & Services](#)

- [Send to Mobile](#)
- [E-mail It](#)

- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

### [General Nutrition Center](#)

4 Easy St  
Saint Joseph, MO 64507 [Map](#)

**(816) 364-6940**



Review This Business!

- [Rate it](#)
- [Read Reviews](#)
- [More Info:](#)
- [Products & Services](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)

[Save a Note](#)

### [General Nutrition Center](#)

5107 N Belt Hwy  
Saint Joseph, MO 64506 [Map](#)

**(816) 671-0116**



Review This Business!

- [Rate it](#)
- [Read Reviews](#)
- [More Info:](#)
- [Products & Services](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)

[Save a Note](#)

### [Herb N Oils LLC](#)

300 S Belt Hwy Ste C  
Saint Joseph, MO 64506 [Map](#)

**(816) 279-7900**

[Visit Web Site](#)



Review This Business!

- [Rate it](#)
- [Read Reviews](#)
- [More Info:](#)
- [Products & Services](#)
- [Hours of Operation](#)

- [Send to Mobile](#)
- [Map It](#)

- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

### [Shaklee Authorized Distributor](#)

1501 Village Dr  
Saint Joseph, MO 64506 [Map](#)

**(816) 233-0654**



Review This Business!

- [Rate it](#)
- [Read Reviews](#)
- [More Info](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

### [Shaklee Products](#)

601 S 9th St  
Saint Joseph, MO 64501 [Map](#)

**(816) 233-0654**



Review This Business!

- [Rate it](#)
- [Read Reviews](#)

- [Send to Mobile](#)
- [Map It](#)
- [E-mail It](#)
- [Get Directions](#)
- [Search Nearby](#)
- [Save This Listing](#)
- [Save a Note](#)

### [Fazoli's Restaurant](#)

504 N Belt Hwy  
Saint Joseph, MO 64506 [Map](#)

**(816) 387-9539**

[Visit Web Site](#)



Review This Business!

- [Rate it](#)
- [Read Reviews](#)
- [More Info](#)
- [Send to Mobile](#)
- [Map It](#)

- 
- 
- 
- 
- 

[E-mail It](#)  
[Get Directions](#)  
[Search Nearby](#)  
[Save This Listing](#)  
[Save a Note](#)

- 

## SUBWAY

451 169 Highway  
Saint Joseph, MO 64501

- 
- 

**(816) 387-8383**

[Visit Web Site](#)



Review This Business!

- 
- 
- 
- 

[Rate it](#)  
**Read Reviews**  
**More Info:**  
[Products & Services](#)

- 
- 
- 
- 
- 

[Send to Mobile](#)  
[E-mail It](#)  
[Search Nearby](#)  
[Save This Listing](#)  
[Save a Note](#)