

## **Did you know?**

### **Here is a list of some commons vitamins and what they do.**

#### **Vitamin B1 (thiamin)**

- Supports energy metabolism and nerve function
- Found in spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk

#### **Vitamin B2 (riboflavin)**

- Supports energy metabolism, normal vision and skin health
- Found in spinach, broccoli, mushrooms, eggs, milk, liver, oysters, clams

#### **Vitamin B3 (niacin)**

- Supports energy metabolism, skin health, nervous system and digestive system
- Found in spinach, potatoes, tomato juice, lean ground beef, chicken breast, tuna (canned in water), liver, shrimp

#### **Vitamin Biotin**

- Energy metabolism, fat synthesis, amino acid metabolism, glycogen synthesis
  - widespread in foods

#### **Pantothenic Acid**

- Supports energy metabolism
  - widespread in foods

#### **Vitamin B6 (pyridoxine)**

- Amino acid and fatty acid metabolism, red blood cell production
- Found in bananas, watermelon, tomato juice, broccoli, spinach, acorn squash, potatoes, white rice, chicken breast

#### **Folate**

- Supports DNA synthesis and new cell formation
- Found in tomato juice, green beans, broccoli, spinach, asparagus, okra, black-eyed peas, lentils, navy, pinto and garbanzo beans

#### **Vitamin B12**

- Used in new cell synthesis, helps break down fatty acids and amino acids, supports nerve cell maintenance
  - Found in meats, poultry, fish, shellfish, milk, eggs