

Vitamins	Function	Food sources
Vitamin A (found in two forms: retinol and beta carotene)	Necessary for vision in dim light, for healthy skin and surface tissues, especially those which excrete mucus (for example the intestines and lungs). In addition, it prevents infections and is necessary for the immune system	Fish liver oils (for example cod or halibut liver oil), liver, carrots, fortified margarine, cheese and dark green leafy vegetables
Vitamin D	For the growth and maintenance of bones and teeth through regulation of absorption and metabolism of calcium	Oily fish, eggs, milk, fortified breakfast cereals and fortified margarine. Also created in the body by action of sunlight on the skin
Vitamin E	Protection of cell membranes and fats from oxidative damage; protection of vitamin A, immune system and nervous system	Vegetable oils, eggs, whole grains, green vegetables and nuts
Vitamin K	Is necessary for normal blood clotting and energy metabolism	Dark green leafy vegetables, liver, meat, potatoes and cereals
Vitamin B1 (thiamin)	For energy metabolism, especially from carbohydrates	Bread, potatoes, milk, meat (especially pork), offal, whole grain cereals and fortified breakfast cereals
Vitamin B2 (riboflavin)	Essential for the utilization of energy from foods, especially fats and proteins	Milk, meat (particularly liver) and eggs
Niacin (also known as vitamin PP) (nicotinic acid)	Necessary for energy metabolism	Meat, potatoes, bread and fortified breakfast cereals
Pantothenic Acid (also known as vitamin B5)	Energy metabolism and production of neurotransmitters for the nervous system	Yeast, liver, whole grains, greens and nuts. In fact it is found in virtually all foods
Vitamin B6	Necessary for protein metabolism, particularly of hemoglobin	Potatoes, vegetables, meat, milk and fish
Vitamin B12	For the production of blood (red cells), nervous system, synthesis of DNA	Liver, milk, fish and eggs
Folic Acid (also known as vitamin B9)	Necessary for the production of blood (red cells), nervous system, synthesis of DNA	Offal and raw green vegetables
Biotin (also known as vitamin H)	For protein and fat metabolism	Liver and kidneys, whole grains and nuts
Vitamin C (found as a group of compounds, including ascorbic acid)	Necessary for the maintenance of connective tissues (including tendons, ligaments and cartilage). In addition, it helps wound healing, production of hormones, the immune system and protects vitamins A and E	Fresh fruit, especially citrus fruits and vegetables (particularly potatoes)