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# Vitamins

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND
<b>Biotin</b>	<ul style="list-style-type: none"><li>• Energy storage</li><li>• Protein, carbohydrate, and fat metabolism</li></ul>	<ul style="list-style-type: none"><li>• Avocados</li><li>• Cauliflower</li><li>• Eggs</li><li>• Fruits (e.g., raspberries)</li><li>• Liver</li><li>• Pork</li><li>• Salmon</li></ul>
<b>Choline</b>	<ul style="list-style-type: none"><li>• Brain development</li><li>• Cell signaling</li><li>• Lipid (fat) transport and metabolism</li><li>• Liver function</li><li>• Muscle movement</li><li>• Nerve function</li><li>• Normal metabolism</li></ul>	<ul style="list-style-type: none"><li>• Beans and peas</li><li>• Egg yolks</li><li>• Fish (e.g., cod and salmon)</li><li>• Liver (e.g., beef and chicken)</li><li>• Milk</li><li>• Nuts</li><li>• Salmon</li><li>• Soy foods</li><li>• Vegetables (e.g., broccoli, cauliflower,</li></ul>

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<b>Folate / Folic Acid</b>	<ul style="list-style-type: none"><li>• Prevention of birth defects</li><li>• Protein metabolism</li><li>• Red blood cell formation</li></ul>	<ul style="list-style-type: none"><li>• Asparagus</li><li>• Avocados</li><li>• Beans and peas</li><li>• Enriched grain products (e.g., bread, cereal, pasta, rice)</li><li>• Green leafy vegetables (e.g., spinach)</li><li>• Oranges and orange juice</li></ul>
<b>Niacin</b>	<ul style="list-style-type: none"><li>• Cholesterol production</li><li>• Conversion of food into energy</li><li>• Digestion</li><li>• Nervous system function</li></ul>	<ul style="list-style-type: none"><li>• Beans</li><li>• Beef</li><li>• Enriched grain products (e.g., bread, cereal, pasta, rice)</li><li>• Nuts</li><li>• Pork</li><li>• Poultry</li><li>• Seafood</li></ul>

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<b>Pantothenic Acid</b>	<ul style="list-style-type: none"><li>• Conversion of food into energy</li><li>• Fat metabolism</li><li>• Hormone production</li><li>• Nervous system function</li><li>• Red blood cell formation</li></ul>	<ul style="list-style-type: none"><li>• Avocados</li><li>• Beans and peas</li><li>• Broccoli</li><li>• Eggs</li><li>• Milk</li><li>• Mushrooms</li><li>• Poultry</li><li>• Seafood</li><li>• Sweet potatoes</li><li>• Whole grains</li><li>• Yogurt</li></ul>
<b>Riboflavin</b>	<ul style="list-style-type: none"><li>• Conversion of food into energy</li><li>• Growth and development</li><li>• Red blood cell formation</li></ul>	<ul style="list-style-type: none"><li>• Eggs</li><li>• Enriched grain products (e.g., bread, cereal, pasta, rice)</li><li>• Meat</li><li>• Milk</li><li>• Mushrooms</li><li>• Poultry</li><li>• Seafood (e.g., oysters)</li><li>• Spinach</li></ul>

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<b>Thiamin</b>	<ul style="list-style-type: none"><li>• Conversion of food into energy</li><li>• Nervous system function</li></ul>	<ul style="list-style-type: none"><li>• Beans and peas</li><li>• Enriched grain products (e.g., bread, cereal, pasta, rice)</li><li>• Nuts</li><li>• Pork</li><li>• Sunflower seeds</li><li>• Whole grains</li></ul>
<b>Vitamin A</b>	<ul style="list-style-type: none"><li>• Growth and development</li><li>• Immune function</li><li>• Red blood cell formation</li><li>• Reproduction</li><li>• Skin and bone formation</li><li>• Vision</li></ul>	<ul style="list-style-type: none"><li>• Cantaloupe</li><li>• Carrots</li><li>• Dairy products</li><li>• Eggs</li><li>• Fortified cereals</li><li>• Green leafy vegetables (e.g., spinach and broccoli)</li><li>• Pumpkin</li><li>• Red peppers</li></ul>
<b>Vitamin B6</b>	<ul style="list-style-type: none"><li>• Immune function</li><li>• Nervous system function</li><li>• Protein, carbohydrate, and fat metabolism</li><li>• Red blood cell formation</li></ul>	<ul style="list-style-type: none"><li>• Chickpeas</li><li>• Fruits (other than citrus)</li><li>• Potatoes</li><li>• Salmon</li><li>• Tuna</li></ul>

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<b>Vitamin B12</b>	<ul style="list-style-type: none"><li>• Conversion of food into energy</li><li>• Nervous system function</li><li>• Red blood cell formation</li></ul>	<ul style="list-style-type: none"><li>• Dairy products</li><li>• Eggs</li><li>• Fortified cereals</li><li>• Meat</li><li>• Poultry</li><li>• Seafood (e.g., clams, trout, salmon, haddock, tuna)</li></ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"><li>• Antioxidant</li><li>• Collagen and connective tissue formation</li><li>• Immune function</li><li>• Wound healing</li></ul>	<ul style="list-style-type: none"><li>• Fruit (e.g., cantaloupe, citrus fruits, kiwifruit, and strawberries)</li><li>• Juices (e.g., oranges, grapefruit, and tomato)</li><li>• Vegetables (e.g., broccoli, Brussels sprouts, peppers, and tomatoes)</li></ul>
<b>Vitamin D</b>	<ul style="list-style-type: none"><li>• Blood pressure regulation</li><li>• Bone growth</li><li>• Calcium balance</li><li>• Hormone production</li><li>• Immune function</li><li>• Nervous system function</li></ul>	<ul style="list-style-type: none"><li>• Eggs</li><li>• Fish (e.g., herring, mackerel, salmon, trout, and tuna)</li><li>• Fish oil and cod liver oil</li><li>• Fortified dairy products</li><li>• Fortified margarine</li><li>• Fortified orange juice</li><li>• Fortified plant-based beverages (e.g., soy, rice, and almond)</li><li>• Fortified ready-to-eat cereals</li><li>• Mushrooms</li></ul>

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<b>Vitamin E</b>	<ul style="list-style-type: none"><li>• Antioxidant</li><li>• Formation of blood vessels</li><li>• Immune function</li></ul>	<ul style="list-style-type: none"><li>• Fortified cereals and juices</li><li>• Green vegetables (e.g., spinach and broccoli)</li><li>• Nuts and seeds</li><li>• Peanuts and peanut butter</li><li>• Vegetable oils</li></ul>
<b>Vitamin K</b>	<ul style="list-style-type: none"><li>• Blood clotting</li><li>• Strong bones</li></ul>	<ul style="list-style-type: none"><li>• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens)</li></ul>

Always check the daily amounts to be taken. Never exceed the recommended daily dose without medical advice.

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