

Vitaminchartintamilpdfdownload

GET ALL YOUR VITAMINS FROM YOUR FOOD

OBTAINING ALL YOUR VITAMINS FROM YOUR FOOD IS EASIER THAN YOU THINK!

Tip 1: **Don't forget the fat-soluble vitamins A, D, E, and K!**

Tip 2: **Are you at risk of deficiency? Could you be lacking some vitamins in your diet?**

Tip 3: **What risk do these vitamins pose? Do you need them for digestion? Or cell building and protection?**

Tip 4: **Make sure you include the Best Food Sources for these vitamins into your daily diet.**

Tip 5: **Make sure to drink WATER for water-soluble vitamins and have FAT for fat-soluble vitamins.**

Tip 6: **Remember that iron, calcium, potassium, and zinc are also important for your health!**

Vitamin	Best Food Sources	Functions in the Body	Deficiency symptoms	Risk groups	Important notes
A Retinol	Animal products, especially liver, fish oils, egg yolks, and dairy products.	Essential for vision, immune system, and skin health.	Night blindness, dry eyes, and skin issues.	People with liver disease or alcoholism.	Excessive intake can be toxic.
B1 Thiamine	Whole grains, pork, yeast, and legumes.	Energy metabolism and nerve function.	Beriberi, weakness, and nerve damage.	People with alcoholism or poor diet.	Found in fortified grains.
B2 Riboflavin	Milk, eggs, meat, and green leafy vegetables.	Energy metabolism and cell growth.	Cracks in the mouth and skin issues.	People with alcoholism or poor diet.	Found in fortified grains.
B3 Niacin	Meat, fish, and whole grains.	Energy metabolism and DNA synthesis.	Pellagra (rash, diarrhea, dementia).	People with alcoholism or poor diet.	Found in fortified grains.
B5 Pantoic acid	Meat, fish, and whole grains.	Energy metabolism and neurotransmitter synthesis.	Numbness and fatigue.	People with alcoholism or poor diet.	Found in fortified grains.
B6 Pyridoxine	Meat, fish, and whole grains.	Energy metabolism and neurotransmitter synthesis.	Weakness and depression.	People with alcoholism or poor diet.	Found in fortified grains.
B7 Biotin	Egg yolks, meat, and whole grains.	Energy metabolism and neurotransmitter synthesis.	Weakness and depression.	People with alcoholism or poor diet.	Found in fortified grains.
B9 Folate	Leafy green vegetables, legumes, and fortified grains.	Energy metabolism and DNA synthesis.	Neurological issues and anemia.	People with alcoholism or poor diet.	Found in fortified grains.
C Ascorbic acid	Citrus fruits, berries, and leafy greens.	Antioxidant, immune support, and collagen synthesis.	Scurvy (bleeding gums, fatigue).	People with alcoholism or poor diet.	Heat and light sensitive.
D Calciferol	Fatty fish, egg yolks, and fortified milk.	Calcium absorption and bone health.	Rickets (bone pain, deformities).	People with poor diet or lack of sunlight.	Can be synthesized by the body.
E Tocopherol	Nuts, seeds, and vegetable oils.	Antioxidant and cell membrane protection.	Neurological issues and muscle weakness.	People with alcoholism or poor diet.	Heat and light sensitive.
K Phylloquinone	Green leafy vegetables.	Blood clotting and bone health.	Bleeding disorders.	People with alcoholism or poor diet.	Found in fortified grains.

GET YOUR MINERALS FROM YOUR FOOD

OBTAINING YOUR MINERALS FROM YOUR FOOD IS EASIER THAN YOU THINK!

Tip 1: **Did you read through the list of the minerals? Check if you're deficient in any of them!**

Tip 2: **Are you at risk of deficiency? Could you be lacking certain minerals in your diet?**

Tip 3: **Remember we need minerals for cell metabolism, digestion, bones & brain operation.**

Tip 4: **Make sure you include the Best Food Sources for these minerals into your daily diet.**

Tip 5: **Minerals are essential for your health. Remember that calcium is also important!**

Tip 6: **Look for high mineral contents in your food, buy local, organic and in season if possible.**

Mineral	Best Food Sources	Functions in the Body	Deficiency symptoms	Important notes
Ca Calcium	Dairy products, leafy greens, and fortified grains.	Bone health and muscle function.	Osteoporosis and muscle cramps.	Essential for bone density.
Cl Chloride	Table salt, seaweed, and dairy products.	Fluid balance and nerve function.	Dehydration and muscle cramps.	Essential for acid-base balance.
Co Copper	Shellfish, nuts, and seeds.	Iron metabolism and antioxidant.	Anemia and neurological issues.	Essential for iron absorption.
Cr Chromium	Whole grains, nuts, and beer.	Insulin sensitivity and metabolism.	Insulin resistance and diabetes.	Essential for glucose metabolism.
Cs Cesium	Whole grains, fruits, and vegetables.	Cardiovascular health and antioxidant.	High blood pressure and heart disease.	Essential for heart health.
Fe Iron	Red meat, fish, and fortified grains.	Blood production and energy metabolism.	Anemia and fatigue.	Essential for oxygen transport.
I Iodine	Seafood, dairy, and iodized salt.	Thyroid function and metabolism.	Thyroid disorders and growth issues.	Essential for thyroid hormone.
Mg Magnesium	Nuts, seeds, and whole grains.	Muscle function and energy metabolism.	Muscle cramps and fatigue.	Essential for nerve function.
Mn Manganese	Whole grains, nuts, and berries.	Antioxidant and bone health.	Bone density issues and neurological issues.	Essential for bone health.
Na Sodium	Table salt, dairy, and processed foods.	Fluid balance and nerve function.	Dehydration and high blood pressure.	Essential for acid-base balance.
P Phosphorus	Dairy products, meat, and whole grains.	Bone health and energy metabolism.	Bone density issues and energy issues.	Essential for bone health.
Se Selenium	Nuts, seeds, and whole grains.	Antioxidant and immune support.	Neurological issues and immune issues.	Essential for antioxidant.
S Sulfur	Meat, fish, and whole grains.	Protein synthesis and antioxidant.	Protein synthesis issues and antioxidant issues.	Essential for protein synthesis.
Zn Zinc	Meat, fish, and whole grains.	Immune support and enzyme function.	Immune issues and enzyme issues.	Essential for immune support.

DOWNLOAD: <https://bilty.com/28y3md>



7c23ce9bc

[Facebook Tab for Redirect user from fb Fan page to another Web site](#)
[smt coyeka na balkanu.cco film](#)
[Feat Combat Multiplayer Keygen Freel](#)
[Prem Joshua Shiva Moon \(Intro\).mp3](#)
[Toyota 8hw23 Service Manual](#)