

Vitamins

<i>Vitamin</i>	<i>Functions</i>	<i>Deficiency Symptoms</i>	<i>Food Sources</i>
Betaine	Fights heart disease, improves body composition by synthesizing proteins.	High homocysteine, bone disorders, inability to lose weight.	Wheat bran, beets, spinach, kamut, sweet potatoes, beef, turkey, veal.
Biotin	Supports heart, nerve, cardiovascular digestive health, along with hair and skin.	Dry skin, brittle hair, GI issues, muscle aches, cramps, tingling in the limbs.	Eggs, cheese, salmon, avocados, whole flour, raspberries, cauliflower.
Inositol	Fat/cholesterol metabolism, healthy skin and hair, helps alleviate certain brain disorders.	Hair loss, memory issues, eczema, high cholesterol, constipation.	Wheat germ, brown rice, citrus fruits, nuts, green leafy veggies, molasses, soy flour.
Vitamin A1	Support brain, eyes, skin. Reduces free radical damage and strong anti-aging component.	Gluten sensitivities, Leaky Gut, inflammatory bowel diseases, eye disorders.	Eggs, milk, liver, along with orange, yellow and green veggies.
Vitamin B1	Metabolizes food for energy (ATP), maintains proper heart, nerve and digestive function.	Chronic fatigue, heart complications, psychosis & nerve damage, weight loss.	Beans, nuts, seeds, spirulina, whole grains such as oats and barley.
Vitamin B12	Impacts memory, heart, skin, mood, digestion, hormones, adrenals and more.	Chronic fatigue, muscle aches, dizziness, mood swings, poor dental health.	Beef, salmon, herring, mackerel, Greek yogurt, turkey, raw milk, tuna.
Vitamin B2	Supports healthy blood, boosts energy and metabolism, supports eye and heart health.	Anemia, fatigue, sores around the mouth and nose, poor metabolism.	Meat, cheese, eggs, green leafy veggies, nuts, beans and legumes.
Vitamin B3	Supports healthy cardiovascular and brain function, balances cholesterol, prevents diabetes.	Skin rashes or inflammation, constipation or diarrhea, mood swings, depression.	Chicken, tuna, sunflower seeds, beef, salmon, mushrooms, tahani (sesame seed).

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Vitamin B5	Lowers blood pressure, reduces cholesterol, balances blood sugar, converts nutrients to energy.	Fatigue, insomnia, burning feet, muscle pain, stomach pains.	Liver, avocado, sunflower seeds, mushrooms, eggs, salmon, lentils.
Vitamin B6	Supports metabolism, nerve and liver function, skin and eye health, boosts energy.	Irritability, depression, confusion, low energy, worsening PMS symptoms.	Turkey, beef, pistachio nuts, tuna, pinto beans, avocado, chicken, molasses.
Vitamin B9	Supports healthy heart and bones, prevents dementia, can even prevent certain types of cancer.	Weakness, headaches, shortness of breath, pale skin, premature grayed hair.	Spinach, black eyed peas, brussel sprouts, romaine lettuce, broccoli, beef liver.
Vitamin C	Supports immune system, cardiovascular disease, eye diseases and skin wrinkling.	Swollen gums, dry/splitting hair, red spots and scaly skin, nosebleeds, GI issues.	Guava, black current, red and green pepper, orange, strawberries, papaya, kiwi.
Vitamin D3	Supports healthy heart and bones, prevents high blood pressure, dementia and even some cancers.	Chronic pain, depression, insomnia, osteoporosis, psoriasis.	Sunlight, halibut, carp, eel, portobello mushrooms, sardines, raw milk.
Vitamin E	Prevents free radical damage, balances cholesterol and hormones, supports brain function, skin & eyes.	Inflammatory bowel disease, loss of muscle, impaired vision or speech.	Sunflower seeds, almonds, wheat germ, avocado, mango, squash, broccoli, spinach.
Vitamin K1 & K2	Promotes proper blood clotting, strengthens bones, reduces risk of cancer, promotes strong heart health.	Easily bruises, bleeding, tooth decay, and weakened bones.	K1 - green leafy veggies. K2 - fermented foods, meats and dairy.