Essential Vitamin Guide

**A**
- Essential for vision and eye health
- Strengthens the immune system
- Supports reproductive health and fertility
- As a strong antioxidant, helps organs like the heart, lungs, and kidneys work as they should

**FIND IT IN**
- Meat: organ meats
- Seafood: king mackerel, salmon, bluefin tuna
- Dairy: goat cheese, cheddar cheese
- Vegetables (provitamin A): green, orange, and yellow vegetables like broccoli, leafy greens, carrots, and squash
- Fruit (provitamin A): cantaloupe, grapefruit, mango

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**B1** (thiamine)
- Helps maintain muscle tension and reflexes
- Vital for turning food into energy in the body
- Important for growth, development, and function of cells

**FIND IT IN**
- Meat: pork, poultry, beef liver
- Seafood: salmon, mussels
- Vegetables: asparagus
- Nuts, beans, and legumes: flax seeds, navy beans, macadamia nuts, edamame, black beans, lentils
- Grains: enriched bread, noodles, cereal

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**B2** (riboflavin)
- Vital for energy production
- Ensures proper growth, development, and function of cells
- Helps metabolize fats, drugs, and steroids

**FIND IT IN**
- Meat: organ meats, beef
- Seafood: salmon, trout, oysters, clams, mussels
- Dairy: milk, yogurt, swiss cheese
- Eggs
- Vegetables: mushrooms, asparagus, broccoli, spinach
- Grains: fortified cereal
- Other: nutritional and brewer’s yeast

| Medically reviewed by: Adda Bjarnadottir — MS, LN | healthline |
### B3 (niacin)

- **Adult men:** 16 mg
- **Adult women:** 14 mg
- **Pregnancy:** 18 mg
- **Breastfeeding:** 17 mg
- **Tolerable upper limit:** 35 mg

- Combats oxidative stress and boosts the body’s immune system
- Aids development and function of cells
- May help lower cholesterol and blood fat levels

**Find it in:**
- Meat: organ meats, pork, beef
- Seafood: tuna, salmon, trout, oysters, clams, mussels
- Poultry: chicken and turkey breasts
- Nuts and legumes: peanuts, lentils
- Grains: fortified cereal
- Other: nutritional and brewer’s yeast

### B6 (pyridoxine)

- **Adult men:** 1.7 mg
- **Adult women:** 1.5 mg
- **Pregnancy:** 1.9 mg
- **Breastfeeding:** 2.0 mg
- **Tolerable upper limit:** 100 mg

- Helps promote and maintain healthy brain function
- Important for red blood cell creation
- Vital for nutrient metabolism
- Lowers levels of homocysteine, high levels of which are a risk for several health conditions

**Find it in:**
- Meat: beef, pork, organ meats
- Seafood: salmon, tuna
- Poultry: turkey and chicken breasts
- Eggs
- Dairy: milk, ricotta cheese
- Vegetables: spinach, potatoes
- Fruit: bananas, avocados
- Grains: fortified cereal
- Nuts and legumes: pistachios, chickpeas, peas
- Other: nutritional and brewer’s yeast

### B7 (biotin)

- **Adults:** 30 mcg
- **Breastfeeding:** 35 mcg

- Helps keep cells and tissues healthy
- May promote hair growth
- May promote lower blood sugar levels

**Find it in:**
- Meat: organ meats
- Seafood: salmon
- Dairy: milk, cheese, yogurt
- Egg yolks
- Fruit: avocados
- Vegetables: sweet potatoes, broccoli, mushrooms, spinach, cauliflower
- Nuts and seeds: almonds, walnuts, pecans, sunflower seeds, nut butters
- Other: nutritional and brewer’s yeast

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**FIND IT IN**

**B9 (folate)**

- Helps lower the risk of neural tube defects
- Important for gene expression and DNA repair
- Helps combat inflammation

**Adults:** 400 mcg  
**Pregnancy:** 600 mcg  
**Breastfeeding:** 500 mcg

Helps lower the risk of neural tube defects  
Important for gene expression and DNA repair  
Helps combat inflammation

**Meat:** organ meats  
**Eggs**  
**Vegetables:** asparagus, Brussels sprouts, dark leafy greens, beets

**Fruit:** oranges and orange juice, grapefruit, lemons, limes

**Grains:** fortified grain products  
**Legumes:** edamame, black beans, chickpeas, kidney beans, lentils, pinto beans, peanuts

**Nuts and seeds:** walnuts, flax seeds

**Other:** nutritional and brewer’s yeast

**B12 (cobalamin)**

- Helps make DNA  
- Keeps nerve and blood cells healthy  
- Helps prevent anemia  
- Lowers risk of birth defects  
- Promotes bone density  
- May improve symptoms of mild depression in those with B12 deficiency  
- Helps lower inflammation

**Pregnancy:** 2.6 mcg  
**Breastfeeding:** 2.8 mcg  

Helps make DNA  
Keeps nerve and blood cells healthy  
Helps prevent anemia  
Lowers risk of birth defects  
Promotes bone density  
May improve symptoms of mild depression in those with B12 deficiency  
Helps lower inflammation

**Meat:** organ meats, beef  
**Seafood:** trout, salmon, oysters, clams, mussels, tuna, sardines  
**Dairy:** milk, yogurt, Swiss cheese  
**Eggs**  
**Other:** nutritional yeast, fortified nondairy milk, supplements

**C**

- Improves iron absorption  
- Is a potent antioxidant  
- May help lower blood pressure  
- May reduce gout symptoms  
- Helps produce collagen, the building block of body tissue  
- Boosts the immune system

**Adult men:** 90 mcg  
**Adult women:** 75 mcg  
**Pregnancy:** 85 mg  
**Breastfeeding:** 120 mg  

Improves iron absorption  
Is a potent antioxidant  
May help lower blood pressure  
May reduce gout symptoms  
Helps produce collagen, the building block of body tissue  
Boosts the immune system

**Fruit:** citrus fruits and juice, Kakadu plums, kiwis, acerola cherries, strawberries, cantaloupe, tomatoes, guavas

**Vegetables:** red, green, and yellow peppers; kale; Brussels sprouts; broccoli  

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**D**

**FIND IT IN**

- **Adults 19–70:** 600 IU
- **Adults 71+:** 800 IU
- **Pregnancy and breastfeeding:** 600 IU

- Strengthens bones and reduces the risk of osteoporosis
- Boosts the immune system
- May help fight depression
- Linked to a lower risk of multiple sclerosis (MS) and heart disease

**Seaweed**

- **Found in:** fatty fish like salmon, tuna, herring, and sardines
- **Eggs**
- **Other:** cod liver oil, mushrooms treated with UV light, sunshine, fortified nondairy milk and other fortified foods

**E**

**FIND IT IN**

- **Adults:** 15 mg
- **Pregnancy:** 15 mg
- **Breastfeeding:** 19 mg

- Helps protect cells from damage and aids their regeneration
- Boosts the immune system
- Is a potent antioxidant
- Helps prevent blood clots
- May offer benefits for your skin and face when consumed or applied topically

**Seaweed**

- **Found in:** salmon, trout
- **Fruit:** avocado, kiwi
- **Vegetables:** red peppers, butternut squash, asparagus, broccoli
- **Nuts and seeds:** sunflower seeds, hazelnuts, almonds, pine nuts, nut butters
- **Legumes:** peanuts
- **Vegetable oils:** wheat germ oil, sunflower oil, safflower oil

**K**

**FIND IT IN**

- **Adult men:** 120 mcg
- **Adult women:** 90 mcg
- **Pregnancy and breastfeeding:** 90 mcg

- May lower heart disease risk by reducing the risk of artery calcification
- Plays a critical role in blood clotting
- Keeps bones healthy

**Meat**

- **Found in:** organ meats, pork, chicken
- **Dairy:** cheese, butter
- **Vegetables:** dark leafy greens, parsley, kale, broccoli, Brussels sprouts, edamame, green beans
- **Fruit:** blueberries, grapes, figs, avocado
- **Fermented soy products:** natto
- **Legumes:** soybeans
- **Vegetable oils:** canola oil, soybean oil, olive oil