




**List of Essential Vitamins (MedlinePlus, n.d.)**

**Vitamin A:** Essential for eye health, immune function, and skin integrity.

**Vitamin B1 (Thiamine):** Key for energy metabolism and nervous system function.

**Vitamin B2 (Riboflavin):** Involved in energy production and skin and eye health.

**Vitamin B3 (Niacin):** Plays a role in DNA repair and metabolic processes.

**Vitamin B5 (Pantothenic Acid):** Vital for synthesizing and metabolizing proteins, carbohydrates, and fats.

**Vitamin B6 (Pyridoxine):** Important for amino acid metabolism and red blood cell production.

**Vitamin B7 (Biotin):** Supports healthy hair, skin, and nails; assists in gene regulation.

**Vitamin B9 (Folate):** Crucial for proper brain function and DNA synthesis.

**Vitamin B12 (Cobalamin):** Necessary for nerve tissue health, brain function, and red blood cell production.

**Vitamin C (Ascorbic Acid):** An antioxidant that aids in tissue repair and enzymatic production of certain neurotransmitters.

**Vitamin D:** Important for bone health and immune system regulation.

**Vitamin E:** Antioxidant properties that protect cells from damage.

**Vitamin K:** Essential for blood coagulation and bone metabolism.

**Reference:**

MedlinePlus. (n.d.). Vitamins. <https://medlineplus.gov/ency/article/002399.htm>