

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>