

# Vitamin Chart

Name:			Date:	
Gender:			Age:	
Medical history:				
Allergies:				
Vitamin	Sources	Recommended daily intake	Function	Health benefits
Vitamin A (retinoids and carotene)	Beef liver, eggs, shrimp, fish, fortified milk, butter	M: 900 mcg (3,000 IU) W: 700 mcg (2,333 IU)  Some supplements report vitamin A in international units (IU's).	Vision, immune function, skin health	Improved vision, immune support, healthy skin
Vitamin B1 (thiamin)	Pork chops, brown rice, ham, soymilk, watermelons	M: 1.2 mg W: 1.1 mg	Energy metabolism, nerve function	Improved energy levels, nerve health
Vitamin B2 (riboflavin)	Milk, eggs, yogurt, cheese, meats, green leafy vegetables, whole and enriched grains and cereals	M: 1.3 mg W: 1.1 mg	Energy metabolism, antioxidant	Increased energy, improved skin and eye health
Vitamin B3 (niacin)	Meat, poultry, fish, fortified and whole grains, mushrooms, potatoes, peanut butter	M: 16 mg W: 14 mg  UL: 35 mg	Helps convert food into energy.	Essential for healthy skin, blood cells, brain, and nervous system
Vitamin B5 (panthothenic acid)	Avocado, yogurt, chicken, egg yolk, whole grains	M: 5 mg W: 5 mg	Energy metabolism, hormone synthesis	Improved hormone balance, enhanced stamina

Vitamin	Sources	Recommended daily intake	Function	Health benefits
Vitamin B6 (pyridoxamine)	Bananas,meat, fish, poultry	31–50 years old:  M: 1.3 mg W: 1.3 mg  51+ years old  M: 1.7 mg W: 1.5 mg  UL: 100 mg	Protein metabolism, neurotransmitter synthesis	Enhanced mood, improved brain function
Vitamin B7 (biotin)	Whole grains, organ meats, egg yolks, soybeans, and fish	M: 30 mcg W: 30 mcg	Metabolism, healthy bones and hair	Improved metabolism, healthier hair
Vitamin B9 (folic acid)	Leafy greens, legumes, fortified grains and cereals	M: 400 mcg W: 400 mcg  UL: 1000 mcg	New cell formation, helps prevent brain and spine birth defects when taken early in pregnancy	Reduced risk of congenital disabilities, improved mood
Vitamin B12 (cobalamin)	Meat, fish, poultry,eggs	M: 2.4 mcg W: 2.4 mcg	Nerve function, DNA synthesis	Enhanced nerve health, improved memory
Vitamin C (ascorbic acid)	Fruits and fruit juices (especially citrus)	M: 90 mg, W: 75 mg  Smokers: Add 35 mg  UL: 2,000 mg	Immune system, Supports white blood cell function	Enhanced immune system and healthy skin by aiding collagen production
Vitamin D (calciferol)	Fortified milk or margarine, fortified cereals, fatty fish	31–70: 15 mcg (600 IU) 71+: 20 mcg (800 IU)  UL: 50 mcg (2,000 IU)	Calcium absorption, bone health	Strong bones, reduced risk of osteoporosis
Vitamin E (alpha- tocopherol)	Nuts, leafy green vegetables, whole grains	M: 15 mg W: 15 mg (15 mg equals about 22 IU from natural sources of vitamin E and 33 IU from synthetic vitamin E)  UL: 1,000 mg (nearly 1,500 IU natural vitamin E; 2,200 IU synthetic)	Antioxidant, cell protection	Protection against oxidative stress, skin health

Vitamin	Sources	Recommended daily intake	Function	Health benefits
Vitamin K (phylloquinone, menadione)	Leafy greens, broccoli, sprouts, kale, collards	M: 120 mcg W: 90 mcg	Blood clotting, bone metabolism	Healthy blood clotting, improved bone density
<b>Legend</b>				
<ul style="list-style-type: none"> <li>• <b>M</b>: Men</li> <li>• <b>W</b>: Women</li> <li>• <b>UL</b>: Upper limit per day</li> </ul>				
<b>Additional notes</b>				

## References

Harvard Health Publishing. (2020, August 31). *Listing of vitamins*.  
[https://www.health.harvard.edu/staying-healthy/listing\\_of\\_vitamins](https://www.health.harvard.edu/staying-healthy/listing_of_vitamins)

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