

Vitamin Chart

Name:		Gender:	Male	Female	Other:
Date:		Age:			
Medical History:		Allergies:			

Vitamins	Sources	Recommended Daily Intake (Adult)	Functions	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	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

Vitamins	Sources	Recommended Daily Intake (Adult)	Functions	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	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	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 D (Calciferol)	Fortified milk or margarine, fortified cereals, fatty fish	31–70: 15 mcg (600 IU) 71+: 20 mcg (800 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	Antioxidant, cell protection	Protection against oxidative stress, skin health
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
Legend: M – Men W - Women		References: Listing of vitamins - Harvard Health Biotin – Vitamin B7 The Nutrition Source Harvard T.H. Chan School of Public Health		