

Vitamin	Role	Source	Tips	Deficiency
<p>Vitamin A</p> <p>Fat-soluble</p> <p>Comes in two forms</p> <p>Retinol and Beta-carotene.</p> <p>Retinol is from animal-derived foods and used directly by the body.</p> <p>Beta-carotene in plant based products need to be converted to retinol.</p>	<p>Essential for eyes</p> <p>Boosts immune system</p> <p>Reduces inflammation</p> <p>Good for Bone health</p> <p>Promotes tissue repair</p> <p>Combats oxidants and toxic waste</p>	<p>Carrots</p> <p>Butternut squash</p> <p>Sweet potato</p> <p>Kale</p> <p>Spinach</p> <p>Broccoli</p> <p>Egg yolks</p> <p>Apricots</p> <p>Green vegetables</p> <p>Watermelon</p>	<p>Those who experience digestive disorders including leaky gut syndrome are a high risk of vitamin A deficiency.</p> <p>To naturally maintain your vitamin A levels incorporating at least one serving of from the list of sources into each meal will meet your daily needs.</p> <p>There are some studies that suggest vitamin A supplements may do more harm than good.</p>	<p>Dry corners of the mouth and lips</p> <p>Eye dryness</p> <p>Scaly flaking skin</p> <p>Regular coughs and infections</p> <p>Warning: Always consult with a medical practitioner prior to taking vitamin A supplements</p>
<p>Vitamin B</p> <p>Group of 6</p>	<p>Essential for growth</p> <p>Supports the nervous system</p> <p>Aids digestion</p> <p>Support metabolism</p> <p>General maintenance of the body</p>	<p>See below</p>		
<p>Vitamin B1</p> <p>Thiamin</p> <p>Required to extract energy from foods</p> <p>Water soluble</p>	<p>Turns nutrients into ATP a useable form of energy</p>	<p>Beans</p> <p>Nuts and seeds</p> <p>whole-grain</p> <p>Seaweed</p>	<p>Thiamine is required for help the breakdown of protein and fats</p>	<p>Deficiency is not very common.</p> <p>Recommended daily intake for adults in 1.2mg/day</p> <p>Beriberi is a muscle wasting condition and often seen when Thiamine is deficient.</p>

Vitamin	Role	Source	Tips	Deficiency
Vitamin B2 Riboflavin Water soluble	A antioxidant boosts energy levels maintains healthy cells prevents cell damage	Cheese Green leafy vegetables Beans Legumes Nuts and seeds Seaweed	Can reduce headaches Improve eye health Eating a balanced diet high in unprocessed foods should provide adequate levels of vitamin B2	Deficiency is not very common. Recommended daily intake for adults in 1.2mg/ day Anaemia fatigue Slow metabolism Sore lips Skin inflammation Mood changes (anxiety)
Vitamin B3 Niacin Water soluble	For the release of energy within food	Peanuts Mushrooms Tuna Green peas Seeds Avocado	Reduce intake of sugar and processed foods including white bread, white flour and wheat products.	Eating a diet with a high level of processed foods may lead to a deficiency. The adult daily value is between 14-20mg/day Diarrhoea Dermatitis Poor concentration Anxiety
Vitamin B6 Piridoxine Water soluble	Metabolises protein and supports vitamin B3 release Building block for cellular functions Regulation of blood glucose	Pistachios Pinto beans Avocado Seeds Turkey or Chicken breast	Consuming vitamin B6 is vital for daily function. Can support healthy nerve function Older adults are at a higher risk of deficiency and a supplement is often required.	Mood changes / anxiety Muscle pain Low energy Fatigue Warning: Always consult with a medical practitioner prior to taking vitamin B6 supplements

Vitamin	Role	Source	Tips	Deficiency
Vitamin B12 Cyanocobalamin Water soluble	Essential for blood production and maintenance of nerves	Salmon Mackerel Herring Tuna Trout Organic yogurt	Your brain is a huge network of nerves with a rich blood supply. To maintain effective brain function it is recommended you consume quality organic/natural fresh fish. Older people tend to produce less stomach acid which is required to convert vitamin B12 properly and therefore may be more prone to deficiency.	Chronic fatigue Muscle aches and weakness Joint pain Poor memory Lack of concentration Mood changes Digestive problems Potassium supplement can reduce absorption of vitamin B12. Potassium from food is not the concern it is supplemented levels. Warning: Always consult with a medical practitioner prior to taking vitamin B12 supplements
Folate Naturally occurring and essential vitamin	Helps the body to utilise iron, vitamin B12 and amino acids	Spinach Asparagus Beans Wheat bran Nuts	If eating a well balance diet it is unlikely you will be deficient in Folate	Poor immune system Low energy Poor digestion Mood changes
Folic Acid Warning	Many can not metabolise folic acid and side effects can be trouble with concentration, inability to sleep, mood changes.			
Vitamin C Ascorbic Acid Water soluble	Prevents premature ageing Supports immune system Antioxidant	Guava Red Pepper Kiwi Strawberries Oranges Papaya Broccoli Kale Parsley Brussel Sprouts Peas	Your body does not make vitamin C on its own, it doesn't store it either. Try to eat quality organic raw or minimally cooked vegetables. Consume 3 sources each day	Bruising Slow healing Splitting dry hair Red spots on the skin Rough dry skin Weak immune system Digestive disorder Painful joints Dry skin

Vitamin	Role	Source	Tips	Deficiency
<p>Vitamin D</p> <p>Fat-soluble</p> <p>Stored in the liver and fatty tissues</p>	<p>Vital for absorption of calcium.</p> <p>Necessary for maintenance and development of bones.</p>	<p>The body converts sunshine into chemicals that are used by the body. Vitamin D3 are more absorbable and beneficial. Sunshine is the answer.</p> <p>Mackerel</p> <p>Salmon</p> <p>Sardines</p>	<p>The cholesterol in your skin converts melanin into usable vitamin D.</p> <p>Get outside, walk in the open air.</p> <p>Be cautious using sunscreen, it prevents the body from converting sunshine to vitamin D</p>	<p>Osteoporosis</p> <p>Heart disease</p> <p>Autoimmune disease</p> <p>Arthritis</p> <p>Chronic pain</p> <p>Psoriasis</p> <p>Symptoms</p> <p>Weakness</p> <p>fatigue</p> <p>Depression</p> <p>Poor sleep</p> <p>Anxiety</p> <p>Inflammation</p> <p>You require a test from your GP to diagnose a deficiency. However most of us deficient.</p>
<p>Vitamin E</p> <p>Fat-soluble</p>	<p>Antioxidant</p> <p>Promotes healthy skin</p> <p>Support red blood cell health</p> <p>Slows ageing</p>	<p>Fats</p> <p>Green leafy vegetables</p> <p>Nuts</p> <p>Seeds</p> <p>Mango</p> <p>Broccoli</p> <p>Butternut squash</p>	<p>Vitamin E balances cholesterol</p> <p>Prevents disease development</p> <p>Repairs damaged skin</p> <p>Thicken hair</p> <p>Balances hormones</p>	<p>Deficiency is rarely caused through poor diet. It is usually due to malfunction of nutrient absorption</p> <p>Always consult your medical practitioner prior to taking vitamin E supplements or using vitamin E products.</p>
<p>Vitamin K</p> <p>Fat-soluble</p>	<p>Essential for blood clotting</p> <p>Bone health</p> <p>Heart health</p>	<p>Greens</p> <p>Brussel Sprouts</p> <p>Spinach</p> <p>Kale</p> <p>Broccoli</p> <p>Cucumbers</p> <p>Cauliflower</p>	<p>Taking supplements is not as effective as diet. If you have taken antibiotics you may require a supplement</p> <p>Cholesterol reducing medication may alter you ability to absorb vitamin K.</p> <p>Vitamin E can interfere with how vitamin K works.</p>	<p>Not common</p> <p>Bruising</p> <p>Poor gut health</p> <p>Digestive problems</p>