

Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Vitamin A	• Growth and development • Immune function • Reproduction • Red blood cell formation • Skin and bone formation • Vision	• Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables (e.g., spinach and broccoli) • Pumpkin • Red peppers • Sweet potatoes	5,000 IU
Vitamin B₆	• Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	2 mg
Vitamin B₁₂	• Conversion of food into energy • Nervous system function • Red blood cell formation	• Dairy products • Eggs • Fortified cereals • Meats • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna)	6 mcg
Vitamin C	• Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing	• Broccoli • Brussels sprouts • Cantaloupe • Citrus fruits and juices (e.g., oranges and grapefruit) • Kiwifruit • Peppers • Strawberries • Tomatoes and tomato juice	60 mg
Vitamin D <i>Nutrient of concern for most Americans</i>	• Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function	• Eggs • Fish (e.g., herring, mackerel, salmon, trout, and tuna) • Fish liver oil • Fortified cereals • Fortified dairy products • Fortified margarine • Fortified orange juice • Fortified soy beverages (soymilk)	400 IU
Vitamin E	• Antioxidant • Formation of blood vessels • Immune function	• Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	30 IU
Vitamin K	• Blood clotting • Strong bones	• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)	80 mcg

* The Daily Values are the amounts of nutrients recommended per day for Americans 4 years of age or older.

Vitamin Intake Guide

Michael Hoelscher



Vitamin Intake Guide:

Whispering the Strategies of Language: An Emotional Quest through **Vitamin Intake Guide**

In a digitally-driven earth where screens reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases usually get unheard. Yet, set within the pages of **Vitamin Intake Guide** a interesting literary treasure sporting with organic emotions, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, that marvelous opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of every word. Within the mental depths of the emotional review, we will embark upon a honest exploration of the book is core subjects, dissect its captivating writing model, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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