

Vitamins

Body & health

Each vitamin, what it does, and where it is found.

A, D, E and K are fat-soluble. The rest are water-soluble.

Vitamin	Needed for	Found in
A	Vision, immunity, skin	Liver, carrots, dairy
B12	Nerves, red blood cells	Meat, fish, dairy, fortified
C	Collagen, iron absorption	Citrus, peppers, broccoli
D	Calcium absorption, bone	Sunlight, oily fish
E	Antioxidant	Nuts, seeds, oils
K	Blood clotting	Leafy greens
Folate	Cell division, pregnancy	Greens, pulses, fortified

Fat-soluble vitamins accumulate, so excessive supplementation can be harmful. Water-soluble excess is mostly excreted.