
Figure 1

13 Essential Vitamins!

List foods that contain these ingredients:

A Vitamin	Needed for healthy bones, teeth, skin, eyes, and nervous, respiratory, and digestive systems
B1 Thiamine	Helps release energy from food. Benefits heart and nervous system.
B6 Pyridoxine	Promotes healthy skin and helps body cells use oxygen.
B12	Essential for cell metabolism and use of carbohydrates.
B9	Needed for proteins, fat, and carbohydrate metabolism.
Pantothenic Acid	Helps convert proteins, fats, and carbohydrates into energy.
B12 Cobalamin	Needed for development of red blood cells and healthy functioning of the nervous system.
B1 Thiamine	Helps burn fatty acids and maintains healthy skin.
Biotin	Helps produce red blood cells.
C Ascorbic acid	Needed for wound healing and bones. Helps the healing process.
B5 Panthenol	Needed for calcium and phosphorus metabolism.
E Tocopherol	Helps protect cell membranes and other body structures.
K Phylloquinone	Essential for normal blood clotting.

[illegible]