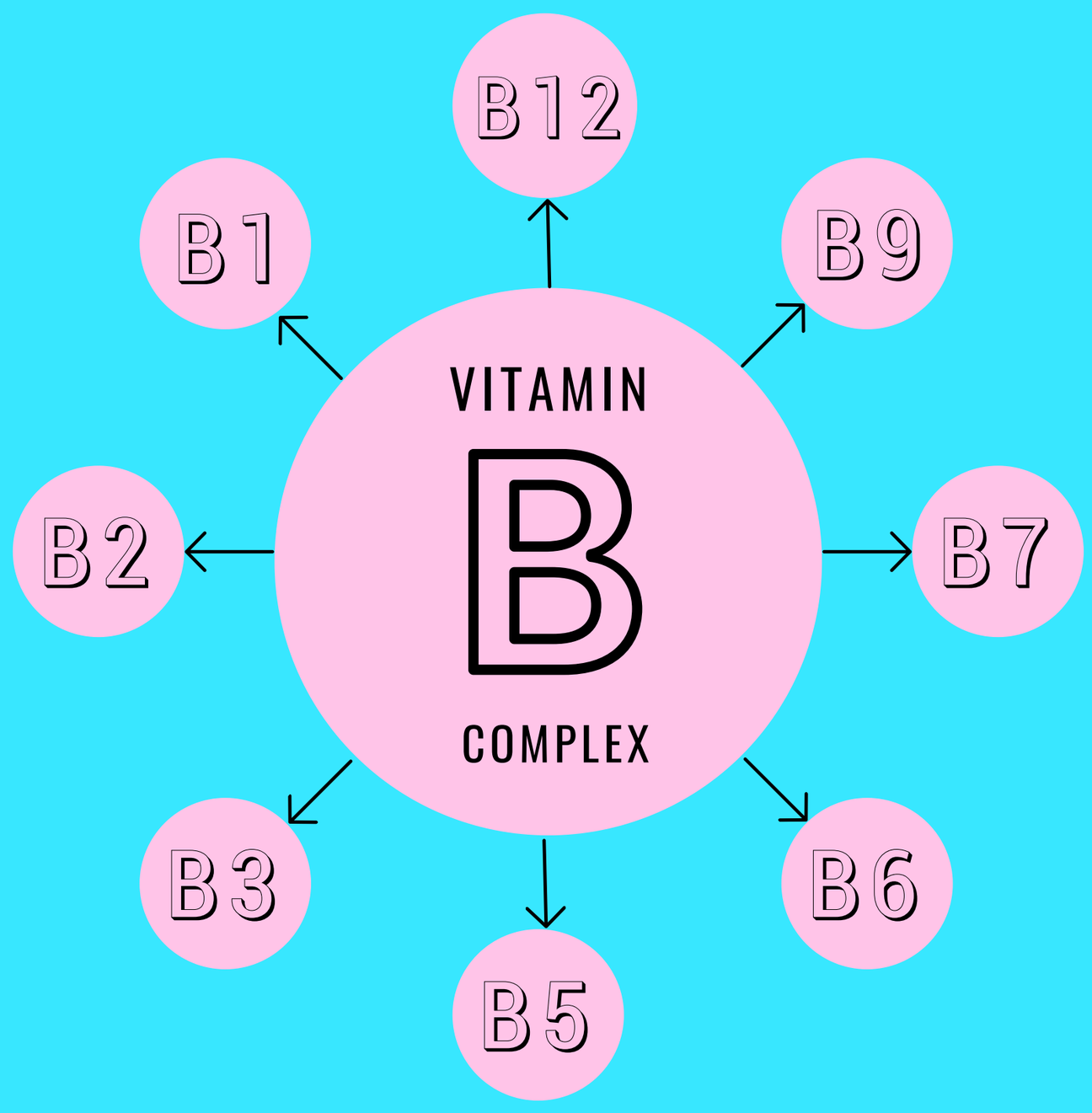
WATER-SOLUBLE

VITAMINS

- DISSOLVE QUICKLY IN BODY
- MUST BE REPLENISHED DAILY
- ABSORBED INTO TISSUES & BLOODSTREAM
- EXCESS IS EXCRETED THROUGH URINE

THERE ARE 2 TYPES OF WATER-SOLUBLE VITAMINS: C AND B



VITAMIN

(ASCORBIC ACID)

- HELPS HEAL WOUNDS & INFECTIONS
- HELPS BODY ABSORB IRON
- HELPS MAKE COLLAGEN* IN BODY
- ACTS AS AN ANTIOXIDANT**

Recommended daily intake: 75-90 mg

1 large orange
98 mg

1 cup guava
377 mg

1 cup strawberries
85 mg

1 cup broccoli
132 mg

1 cup brussels sprouts
75 mg

1 cup pineapple
78 mg

1 kiwi fruit
90 mg

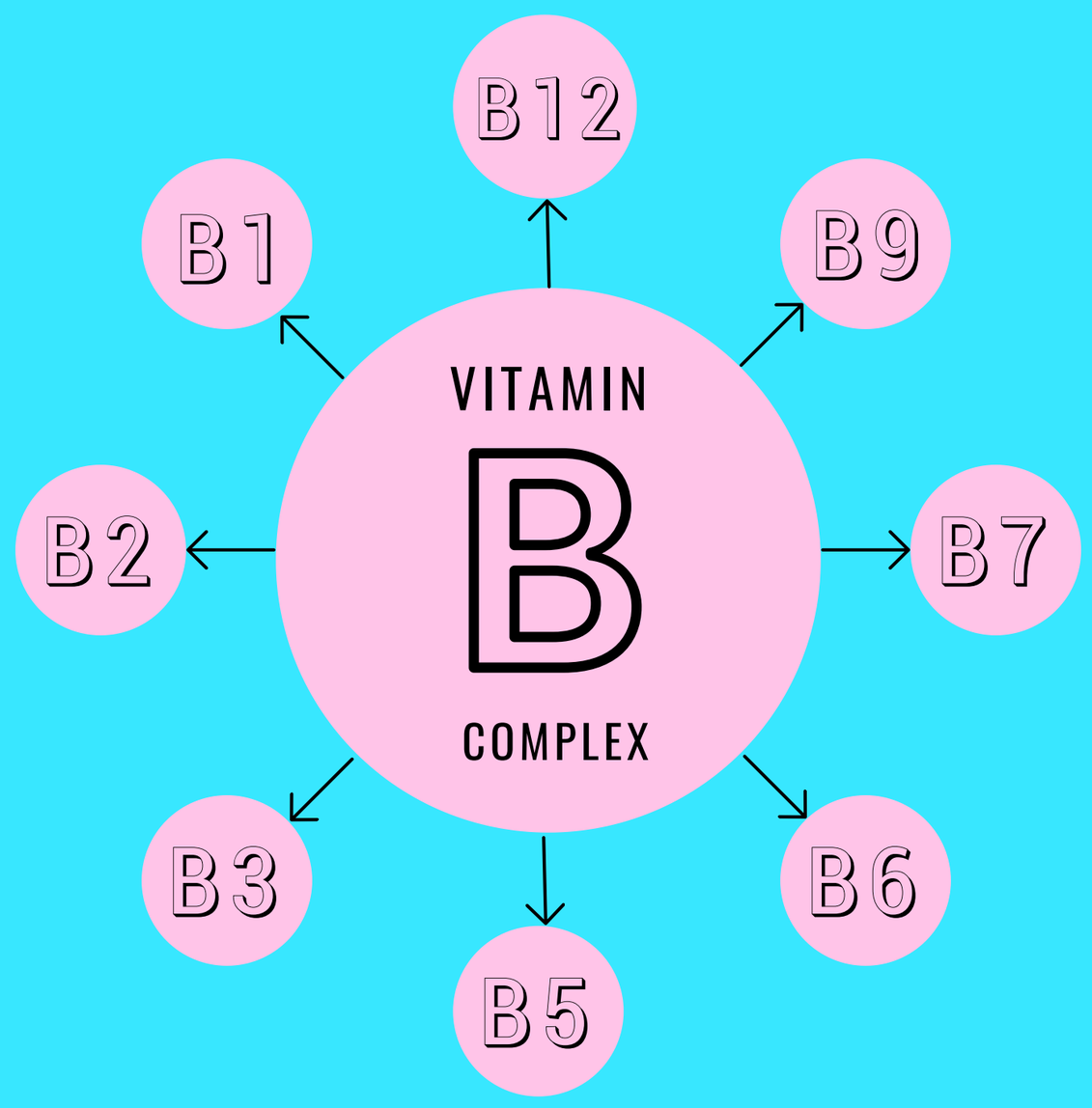
1 cup bell peppers
190 mg

***Collagen:** a fibrous protein in connective tissue that is weaved throughout various systems in the body, including nervous, immune, bone, cartilage, and blood

****Antioxidant:** a substance that protects cells from damage by neutralizing free radicals (unstable molecules produced by the body as a reaction to natural metabolism and environmental toxins)

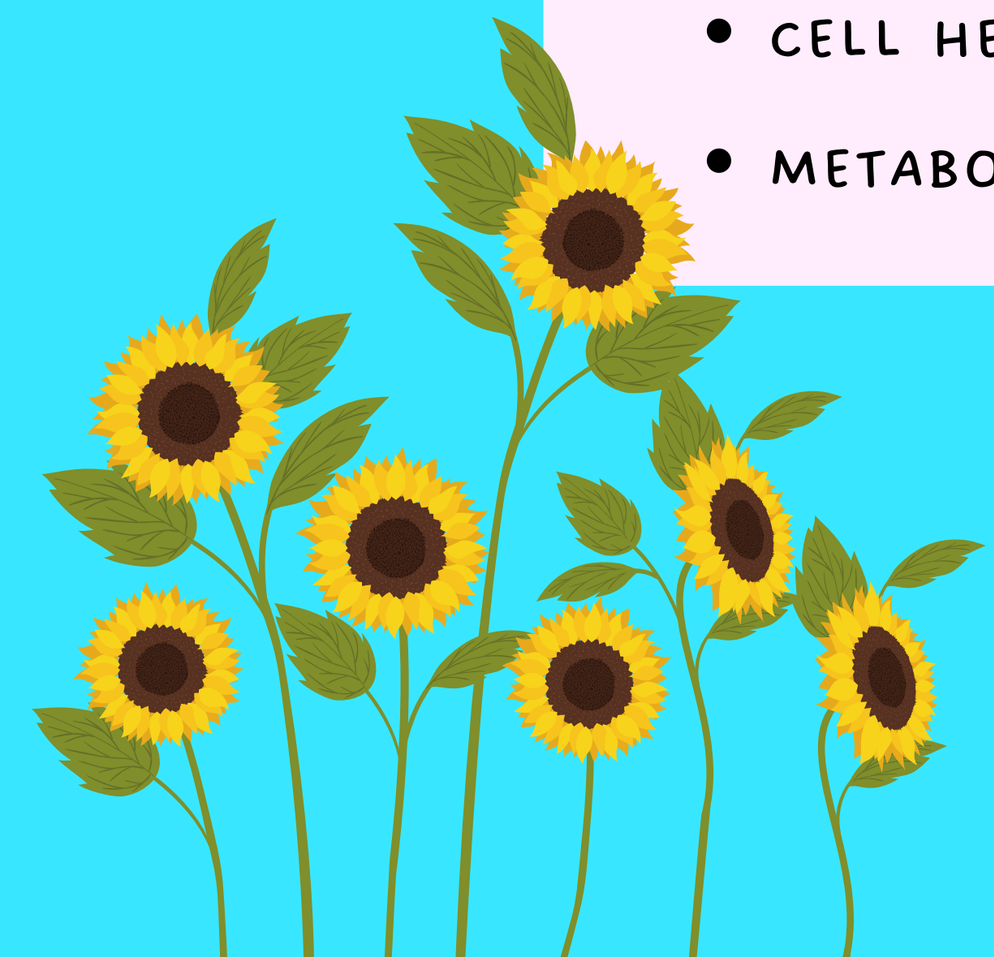
THE B-VITAMIN COMPLEX

COMPOSED OF 8 VITAMINS



SUPPORTS / PROMOTES A WIDE VARIETY OF BODY FUNCTIONS, INCLUDING:

- ENERGY LEVELS
- RED BLOOD CELL GROWTH
- INFECTION PREVENTION
- BRAIN FUNCTION
- CELL HEALTH
- METABOLISM



TYPES OF VITAMIN B

B Vitamin	Uses in Body	Recommended Daily Intake	Whole Food Dietary Sources
B1 (thiamine)	• Conversion of food to energy • Nervous system health • Cell growth & functions	1.1 - 1.2 mg	Beans, lentils, peas, sunflower & sesame seeds, brown rice, tofu, asparagus
B2 (riboflavin)	• Conversion of food to energy • Vision & skin health • Breakdown of fats, steroids, & drugs	1.1 - 1.3 mg	Almonds, spinach, peas, kale, soybeans, spinach, mushrooms
B3 (niacin)	• Conversion of food to energy • Production & repair of DNA • Skin health • Nervous & digestive system health	14 - 16 mg	Lentils, whole-grains, mushrooms, asparagus, leafy greens, peanut butter
B5 (pantothenic acid)	• Conversion of food to energy • Hormone & cholesterol production • Making & breaking down of fats	5 mg	Shiitake mushrooms, avocados, potatoes, lentils, peanuts, sunflower seeds, sun-dried tomatoes
B6 (pyridoxine)	• Protein & amino acid metabolism • Creation of red blood cells • Creation of neurotransmitters	1.3 mg	Chickpeas, potatoes, pistachios, sunflower seeds, brown rice, wheat flour
B7 (biotin)	• Conversion of food to energy • Carbohydrate & fat metabolism • Regulation of gene expression	30 mcg	Peanuts, cauliflower, oats, almonds, broccoli, sweet potatoes, strawberries
B9 (folate)	• Creation of DNA & blood cells • Cell growth & division • Amino acid metabolism	400 mcg	Edamame, mangos, lentils, asparagus, spinach, avocados, broccoli, corn
B12 (cobalamin)	• Red blood cell creation/development • Nerve & neurological function • DNA production	2.4 mcg	Nutritional yeast, nori, shiitake mushrooms, fortified cereals & plant-based milks, vitamin water

WAIT A MINUTE...

WHAT HAPPENED TO VITAMINS B4, B8, B10, & B11?

They used to be part of the Vitamin B Complex, but classifications sometimes change as science advances & new information is discovered.

A vitamin is an essential nutrient required for normal human growth and function. These B vitamins no longer fit this definition.

R.I.P. to the long-lost B vitamins:

- Vitamin B4 (adenine)
- Vitamin B8 (inositol)
- Vitamin B10 (para amino benzoic acid)
- Vitamin B11 (salicylic acid)

Although these B vitamins have been determined to be non-essential nutrients, they are still used to assist with a variety of health needs as nutritional supplements.