

WATER SOLUBLE VITAMINS

VITAMIN	FUNCTION	SOURCES
B1 (Thiamin)	Helps the body produce energy	Whole grains
B2 (Riboflavin)	Helps skin and eyes stay healthy	Milk and eggs
B3 (Niacin)	Supports nervous system	Meat and fish
B6 (Pyridoxine)	Helps brain development	Bananas and potatoes
B12 (Cobalamin)	Helps form red blood cells	Meat, eggs, dairy
Folate (Folic Acid)	Helps metabolism of fats and carbs	Leafy greens
Biotin	Helps hair, skin, and nails	Nuts and eggs
Vitamin C (Ascorbic Acid)	Supports immune system	Citrus fruits