VITAMINS

Whole Lifecycle NUTRITION

VITAMIN	BENEFITS	FOOD SOURCES	DAILY VALUE
Vitamin A	• Growth & Development • Immune function • Reproduction • Red blood cell formation • Skin & bone formation	• Cantaloupe • Carrots • Dairy products • Eggs • Green Leafy Vegetables (e.g., spinach & broccoli) • Fortified cereal • Pumpkin • Red pepper • Sweet potatoes	**Old FDA Label:** 5,000 IU **New FDA Label:** Male: 900 Ug/d Female: 700 ug/d
Vitamin C	• Antioxidant • Collagen & connective tissue formation • Immune function • Wound healing	• Broccoli • Brussels sprouts • Cantaloupe • Citrus fruits & Juices • Tomatoes & Tomato Juice • Kiwifruit • Peppers • Strawberries	**Old FDA Label:** 5,000 IU **New FDA Label:** Male: 900 Ug/d Female: 700 ug/d
Vitamin D	• Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function	• Eggs • Fish (e.g., herring, mackerel, salmon, trout, & tuna) • Fish liver oil • Fortified cereals & dairy products • Fortified margarine & orange juice • Fortified soy beverages	**Old FDA Label:** 400 IU **New FDA Label:** Male: 15 ug/d Female: 15 ug/d
Vitamin E	• Antioxidant • Formation of blood vessels • Immune Function	• Fortified cereals & juices • Green vegetables • Nuts & seeds • Peanuts & Peanut Butter • Vegetable oils	**Old FDA Label:** 30 IU **New FDA Label:** Male: 15 mg/d Female: 15 mg/d
Vitamin K	• Blood Clotting • Strong bones	• Green Vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)	**Old FDA Label:** 80 ug **New FDA Label:** Male: 120 ug/d Female: 90 ug/d

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Thiamin (B1)	• Conversion of food into energy • Nervous system function	• Beans & peas • Pork • Whole grains • Nuts & sunflower seeds • Enriched grain products (e.g., bread, pasta, rice)	**Old FDA Label:** 1.5 mg **New FDA Label:** Male: 1.2 mg/d Female: 1.1 mg/d
Riboflavin (B2)	• Conversion of food into energy • Growth & development • Red blood cell formation	• Eggs • Meats • Milk • Mushrooms • Enriched grain products (e.g., bread, cereal, pasta, rice • Poultry • Seafood (e.g., oysters) • Whole grains	**Old FDA Label:** 1.7 mg **New FDA Label:** Male: 1.3 mg/d Female: 1.1 mg/d
Niacin (B3)	• Cholesterol production • Conversion of food into energy • Digestion • Nervous system function	• Beans • Beef • Nuts • Pork • Enriched grain products (e.g., bread, cereal, pasta, rice) • Poultry • Seafood • Whole grains	**Old FDA Label:** 20 mg **New FDA Label:** Male: 16 mg/d Female: 14 mg/d
Vitamin B6	• Immune function • Nervous system function • Protein, carbohydrate & fat metabolism • Red blood cell formation	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	**Old FDA Label:** 2 mg **New FDA Label:** Male: 1.3 mg/d Female: 1.3 mg/d

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Folate (B9)	• Prevention of birth defects • Protein metabolism • Red blood cell formation	• Asparagus • Avocado • Beans & peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leaf vegetables (e.g., spinach) • Orange juice	**Old FDA Label:** 3,500 mg/d **New FDA Label:** Male: 400 ug/d Female:400 ug/d
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)	**Old FDA Label:** 6 ug **New FDA Label:** Male: 2.4 ug/d Female: 2.4 ug/d