

# How to Get Your Vitamins

## *without the Pills*

### Type of Vitamin

### What It Helps

### How to Get It

**Retinol  
(Vitamin A)**

Eyes  
Immune System  
Skin



Orange Fruits and Vegetables,  
Dark Green Vegetables, Milk

**Pyridoxine  
(Vitamin B6)**

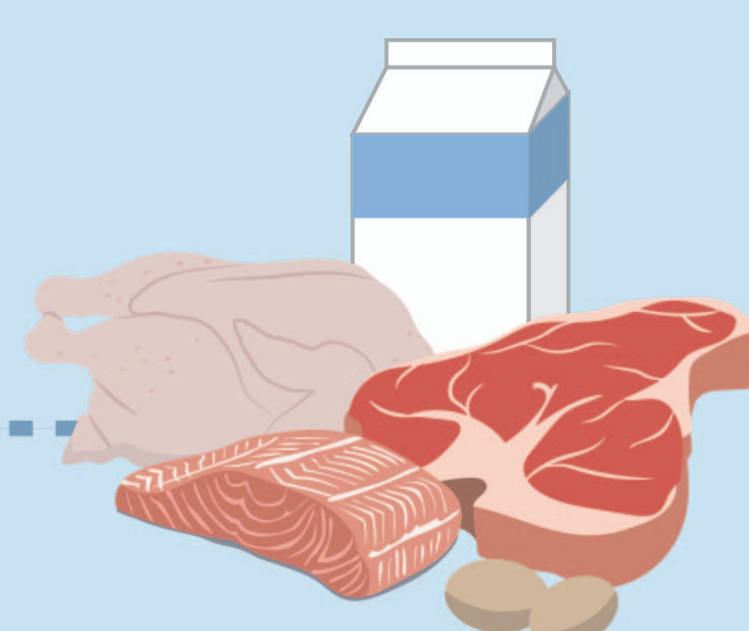
Brain Function  
Nerve Function  
Red Cell Production



Beans, Nuts, Red Meat, Fish,  
Eggs, Spinach

**Cyanocobalamin  
(Vitamin B12)**

Red Cell Production  
Nerve Function



Poultry, Eggs, Milk, Fish, Red Meat

**Ascorbic Acid  
(Vitamin C)**

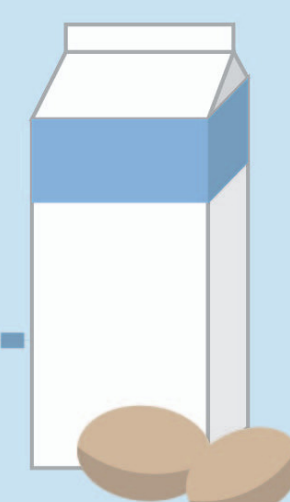
Bones  
Teeth  
Skin



Berries, Citrus Fruits,  
Spinach, Tomato

**Cholecalciferol  
(Vitamin D)**

Bones  
Calcium Absorption



Milk, Egg Yolk

**Tocopherol  
(Vitamin E)**

Red Blood Cells  
Protects Cell Damage



Grain, Green Vegetables,  
Vegetable Oil, Nuts

**Folic Acid  
(Vitamin B9)**

Cell Health  
Heart Problems



Fruits and Vegetables

**Phylloquinone  
(Vitamin K)**

Blood Clotting



Dark Green Vegetables, Egg Yolk

**Niacin  
(Vitamin B3)**

Promotes Conversion  
of Food to Energy



Grains, Poultry, Dairy Products,  
Nuts

**Riboflavin  
(Vitamin B2)**

Energy  
Chemical Processes



Fish, Dark Green Vegetables, Milk,  
Red Meat, Grains

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