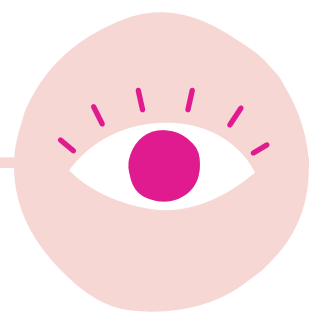


Essential Vitamin Guide

A



FIND IT IN >

Adults: 700–900 mcg
RAE

Pregnancy: 750–770 mcg RAE

Breastfeeding
1,200–1,300 mcg RAE

Intake should not exceed 3,000 mcg

- Essential for vision and eye health
- Strengthens the immune system
- Supports reproductive health and fertility
- As a strong antioxidant, helps organs like the heart, lungs, and kidneys work as they should

Meat: organ meats

Seafood: king mackerel, salmon, bluefin tuna

Dairy: goat cheese, cheddar cheese

Vegetables (provitamin A): green, orange, and yellow vegetables like broccoli, leafy greens, carrots, and squash

Fruit (provitamin A): cantaloupe, grapefruit, mango

B1 (thiamine)



FIND IT IN >

Adult men: 1.2 mg

Adult women: 1.1 mg

Pregnancy and breastfeeding: 1.5 mg

- Helps maintain muscle tension and reflexes
- Vital for turning food into energy in the body
- Important for growth, development, and function of cells

Meat: pork, poultry, beef liver

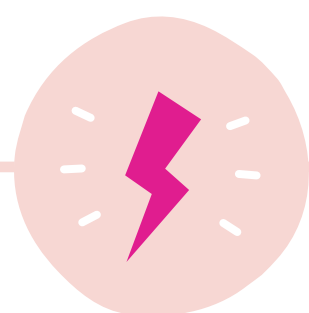
Seafood: salmon, mussels

Vegetables: asparagus

Nuts, beans, and legumes: flax seeds, navy beans, macadamia nuts, edamame, black beans, lentils

Grains: enriched bread, noodles, cereal

B2 (riboflavin)



FIND IT IN >

Adult men: 1.3 mg

Adult women: 1.1 mg

Pregnancy: 1.4 mg

Breastfeeding: 1.6 mg

- Vital for energy production
- Ensures proper growth, development, and function of cells
- Helps metabolize fats, drugs, and steroids

Meat: organ meats, beef

Seafood: salmon, trout, oysters, clams, mussels

Dairy: milk, yogurt, swiss cheese

Eggs

Vegetables: mushrooms, asparagus, broccoli, spinach

Grains: fortified cereal

Other: nutritional and brewer's yeast

B3 (niacin)



FIND IT IN >

Adult men: 16 mg

Adult women: 14 mg

Pregnancy: 18 mg

Breastfeeding: 17 mg

Tolerable upper limit:
35 mg

- Combats [oxidative stress](#) and boosts the body's immune system
- Aids development and function of cells
- May help [lower cholesterol](#) and blood fat levels

Meat: organ meats, pork, beef

Seafood: tuna, salmon, trout, [oysters](#), clams, mussels

Poultry: chicken and turkey breasts

Nuts and legumes: peanuts, [lentils](#)

Grains: fortified cereal

Other: nutritional and brewer's yeast

B6 (pyridoxine)



FIND IT IN >

Adult men: 1.7 mg

Adult women: 1.5 mg

Pregnancy: 1.9 mg

Breastfeeding: 2.0 mg

Tolerable upper limit:
100 mg

- Helps promote and maintain healthy brain function
- Important for [red blood cell](#) creation
- Vital for nutrient metabolism
- Lowers levels of [homocysteine](#), high levels of which are a risk for several health conditions

Meat: beef, pork, organ meats

Seafood: salmon, tuna

Poultry: turkey and chicken breasts

Eggs

Dairy: milk, ricotta cheese

Vegetables: spinach, potatoes

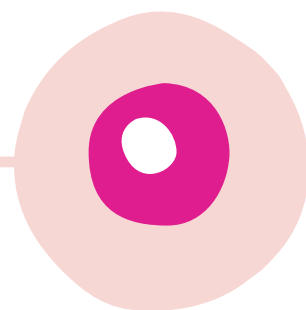
Fruit: bananas, [avocados](#)

Grains: fortified cereal

Nuts and legumes: [pistachios](#), chickpeas, peas

Other: nutritional and brewer's yeast

B7 (biotin)



FIND IT IN >

Adults: 30 mcg

Breastfeeding: 35 mcg

- Helps keep cells and tissues healthy
- May promote [hair growth](#)
- May promote lower blood sugar levels

Meat: organ meats

Seafood: salmon

Dairy: [milk](#), cheese, yogurt

Egg yolks

Fruit: avocados

Vegetables: sweet potatoes, broccoli mushrooms, spinach, cauliflower

Nuts and seeds: [almonds](#), walnuts, pecans, sunflower seeds, nut butters

Other: nutritional and brewer's yeast

B9 (folate)



FIND IT IN >

Adults: 400 mcg
Pregnancy: 600 mcg
Breastfeeding:
500 mcg

- Helps lower the risk of [neural tube defects](#)
- Important for gene expression and DNA repair
- Helps combat [inflammation](#)

Meat: [organ meats](#)

Eggs

Vegetables: asparagus, [Brussels sprouts](#), dark leafy greens, beets

Fruit: oranges and orange juice, grapefruit, lemons, limes

Grains: fortified grain products

Legumes: [edamame](#), black beans, chickpeas, kidney beans, lentils, pinto beans, peanuts

Nuts and seeds: walnuts, flax seeds

Other: nutritional and brewer's yeast

B12 (cobalamin)



FIND IT IN >

Pregnancy: 2.6 mcg
Breastfeeding:
2.8 mcg

- Helps make DNA
- Keeps nerve and blood cells healthy
- Helps prevent [anemia](#)
- Lowers risk of birth defects
- Promotes bone density
- May improve symptoms of mild [depression](#) in those with B12 deficiency
- Helps lower inflammation

Meat: organ meats, beef

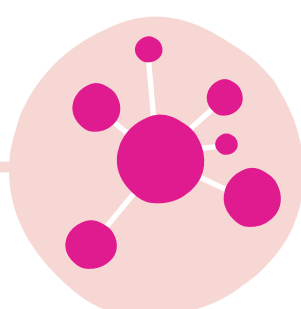
Seafood: trout, salmon, oysters, clams, mussels, tuna, [sardines](#)

Dairy: milk, yogurt, Swiss cheese

Eggs

Other: nutritional yeast, fortified [nondairy milk](#), supplements

C



FIND IT IN >

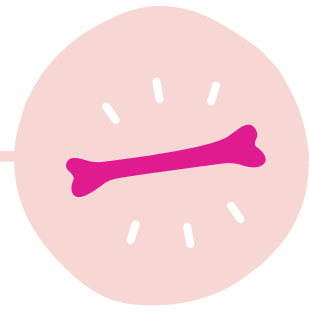
Adult men: 90 mcg
Adult women: 75 mcg
Pregnancy: 85 mg
Breastfeeding: 120 mg

- Improves [iron absorption](#)
- Is a potent antioxidant
- May help lower blood pressure
- May reduce [gout](#) symptoms
- Helps produce [collagen](#), the building block of body tissue
- [Boosts the immune system](#)

Fruit: [citrus fruits](#) and juice, Kakadu plums, kiwis, acerola cherries, strawberries, cantaloupe, tomatoes, guavas

Vegetables: red, green, and yellow peppers; kale; Brussels sprouts; [broccoli](#)

D



FIND IT IN >

- Adults 19–70:** 600 IU
Adults 71+: 800 IU
Pregnancy and breastfeeding: 600 IU
- Strengthens bones and reduces the risk of [osteoporosis](#)
 - Boosts the immune system
 - May help fight depression
 - Linked to a lower risk of [multiple sclerosis](#) (MS) and [heart disease](#)

Seafood: fatty [fish](#) like salmon, tuna, herring, and sardines

Eggs

Other: cod liver oil, mushrooms treated with UV light, [sunshine](#), fortified nondairy milk and other fortified foods

E



FIND IT IN >

- Adults:** 15 mg
Pregnancy: 15 mg
Breastfeeding: 19 mg
- Helps protect cells from damage and aids their regeneration
 - Boosts the immune system
 - Is a potent antioxidant
 - Helps prevent [blood clots](#)
 - May offer benefits for your [skin](#) and [face](#) when consumed or applied topically

Seafood: salmon, trout

Fruit: avocado, [kiwi](#)

Vegetables: red peppers, butternut squash, asparagus, broccoli

Nuts and seeds: sunflower seeds, [hazelnuts](#), almonds, pine nuts, nut butters

Legumes: peanuts

Vegetable oils: wheat germ oil, sunflower oil, safflower oil

K



FIND IT IN >

- Adult men:** 120 mcg
Adult women: 90 mcg
Pregnancy and breastfeeding: 90 mcg
- May lower heart disease risk by reducing the risk of artery [calcification](#)
 - Plays a critical role in blood clotting
 - Keeps bones healthy

Meat: organ meats, pork, chicken

Dairy: cheese, butter

Vegetables: dark leafy greens, parsley, [kale](#), broccoli, Brussels sprouts, edamame, green beans

Fruit: blueberries, grapes, figs, avocado

Fermented soy products: [natto](#)

Legumes: soybeans

Vegetable oils: canola oil, soybean oil, [olive oil](#)