



Vitamin Cheat Sheet

Vitamin A: Vision & Immunity | Carrots & Spinach
Vitamin B1: Energy & Nerves | Whole Grains, Nuts
Vitamin B2: Metabolism | Milk & Eggs
Vitamin B3: Skin Health | Poultry & Fish
Vitamin B5: Hormone Synthesis | Avocado & Eggs
Vitamin B6: Brain Health | Bananas & Chickpeas
Vitamin B7: Hair & Nails | Eggs, Almonds
Vitamin B9: Fetal Development | Leafy Greens
Vitamin B12: Blood & Brain | Meat & Dairy
Vitamin C: Antioxidant | Citrus & Broccoli
Vitamin D: Bone Health | Salmon & Sunlight
Vitamin E: Cell Protection | Nuts & Seeds
Vitamin K: Blood Clotting | Kale & Broccoli

Hidden Nutrients, Big Impact

Omega -3: Heart & Brain | Salmon & Walnuts
Probiotics: Gut Health | Yogurt & Sauerkraut
Zinc: Immune System | Meat & Seeds
Fiber: Digestion & Heart | Beans & Whole Grains
Iron: Oxygen | Red Meat
Calcium: Bone Strength | Milk & Kale

Nourish from Within

Ashwaganda: Anxiety & Stress Relief
Lions Mane: Brain Fog & Blood Circulation
Elderberry: Immunity Health
L-Theanine: Focus
Turmeric: Anti-inflammatory

"Balance is not something you find, it's something you create."

