

Vitamin and Mineral Supplement Fact Sheets

This collection of fact sheets and other resources from the NIH Office of Dietary Supplements (ODS) and other federal government sources provides information about dietary supplements and their ingredients. These include vitamins, minerals, herbs and botanicals, probiotics, and more. Many of these resources are available in versions written for health professionals and for consumers (in both English and Spanish).

Show:

- ☒ All Federal Resources
☐ Only ODS Resources

Browse by letter:

5 A B C D E F G H I K L M N O P Q R S T V W Y Z

A

- Antioxidants
- Vitamin A

B

- Beta-carotene (see Vitamin A)
- Biotin
- Boron
- Vitamin B1 (see Thiamin)
- Vitamin B12
- Vitamin B2 (see Riboflavin)
- Vitamin B3 (see Niacin)
- Vitamin B5 (see Pantothenic acid)
- Vitamin B6
- Vitamin B7 (see Biotin)
- Vitamin B9 (see Folate)

General Supplement Information

- [Dietary Supplements: Background Information](#)
- Botanical Dietary Supplements: Background Information
- [Vitamin and Mineral Fact Sheets](#)
- Botanical Supplement Fact Sheets
- Frequently Asked Questions
- Dietary Supplements: What You Need to Know
- ODS Videos
- Información en español

Supplements for Specific Purposes

- Alzheimer's disease
- Brain Health
- COVID-19
- Diabetes
- Exercise and Athletic Performance
- Eye conditions
- Immune Function
- Menopause
- Osteoarthritis
- Pregnancy
- Primary Mitochondrial Disorders
- Rheumatoid arthritis
- Weight Loss

C

- Calcium
- Cesium
- Choline
- Chromium
- Cobalamin (see Vitamin B12)
- Copper
- Vitamin C

D

- Vitamin D

E

- Energy drinks
- Exercise and Athletic Performance
- Vitamin E

F

- Fluoride
- Folate
- Folic acid (see Folate)

I

- Iodine
- Iron

K

- Vitamin K

M

- Magnesium
- Manganese
- Molybdenum
- Multivitamin/mineral Supplements

N

- Niacin

P

- Pantothenic acid
- Phosphorus
- Potassium

- Pregnancy
- Primary Mitochondrial Disorders

R

- Riboflavin

S

- Sea moss
- Selenium

T

- Thiamin

V

- Vitamin A
- Vitamin B1 (see Thiamin)
- Vitamin B12
- Vitamin B2 (see Riboflavin)
- Vitamin B3 (see Niacin)
- Vitamin B5 (see Pantothenic acid)
- Vitamin B6
- Vitamin B7 (see Biotin)
- Vitamin B9 (see Folate)
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K

Z

- Zinc