

Vitamins: Essential Nutrients for Health

Vitamins are organic compounds crucial for various bodily functions and overall health. They are divided into two main categories: water-soluble and fat-soluble.

Water-Soluble Vitamins

These vitamins dissolve in water and are not stored in the body, requiring regular intake through diet.

- **Vitamin C (Ascorbic Acid):** Supports immune function, skin health, and antioxidant protection. Found in citrus fruits, strawberries, bell peppers, and broccoli.
- **B-Complex Vitamins:**
 - **B1 (Thiamine):** Essential for energy metabolism and nerve function. Sources include whole grains, pork, and legumes.
 - **B2 (Riboflavin):** Important for energy production and skin health. Found in milk, eggs, and green leafy vegetables.
 - **B3 (Niacin):** Supports digestive health, skin, and nerve function. Sources include poultry, fish, and whole grains.
 - **B5 (Pantothenic Acid):** Vital for hormone synthesis and metabolism. Present in almost all foods, particularly eggs, meat, and avocados.
 - **B6 (Pyridoxine):** Involved in amino acid metabolism and red blood cell production. Found in fish, poultry, potatoes, and non-citrus fruits.
 - **B7 (Biotin):** Crucial for carbohydrate and fat metabolism. Sources include eggs, nuts, and seeds.
 - **B9 (Folate/Folic Acid):** Necessary for DNA synthesis and cell division. Found in leafy greens, legumes, and fortified grains.
 - **B12 (Cobalamin):** Essential for nerve function and blood cell production. Found in animal products like meat, dairy, and eggs.