

Overview

Vitamins and minerals

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- [Vitamin A](#)
- [B vitamins and folic acid](#)
- [Vitamin C](#)
- [Vitamin D](#)
- [Vitamin E](#)
- [Vitamin K](#)
- [Calcium](#)
- [Iodine](#)
- [Iron](#)
- [Others](#)

Vitamins and minerals are nutrients your body needs in small amounts to work properly and stay healthy.

Most people should get all the nutrients they need by having a [varied and balanced diet](#). But some people may need to take extra supplements.

What this guide covers

This guide has information about:

- [vitamin A](#)
- [B vitamins and folic acid](#)
- [vitamin C](#)
- [vitamin D](#)
- [vitamin E](#)
- [vitamin K](#)
- [calcium](#)
- [iodine](#)
- [iron](#)
- [other vitamins and minerals](#) – including beta-carotene, copper, potassium and zinc

You can find out:

- what these nutrients do
- how much of them you need
- how to make sure you get enough
- what the risks are if you take too many

Units

There are 3 types of units used to measure amounts of minerals and vitamins:

- Milligrams – a milligram is 1 thousandth of a gram and is usually written as mg.
- Micrograms – a microgram is 1 millionth of a gram and is usually written as µg or mcg. 1,000 micrograms is equal to 1 milligram.
- International Units - these are sometimes used to measure vitamins A, D and E, and are usually written as IU. The conversion of milligrams (mg) and micrograms (µg) into IU depends on the type of vitamin.

More information on vitamins for babies and children

There are separate pages on:

- [vitamin D for babies 0 to 12 months](#)
- [vitamins and minerals your baby needs while weaning](#)
- [vitamin D supplements for children aged 1 to 4 years](#)
- [folic acid when planning a pregnancy](#)
- [healthy eating during pregnancy](#)

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