

## List of vitamins

Vitamin generic descriptor name	Solubility	Recommended dietary allowances	Deficiency disease	Food sources
<a href="#"><u>Vitamin A</u></a>	Fat	900 µg	Night-blindness, Hyperkeratosis, Keratomalacia	Orange, ripe yellow fruits, leafy vegetables, carrots, pumpkin, squash, spinach, liver
<a href="#"><u>Vitamin B<sub>1</sub></u></a>	Water	1.2 mg	Beriberi, Wernicke-Korsakoff syndrome	Pork, oatmeal, brown rice, vegetables, potatoes, liver, eggs
<a href="#"><u>Vitamin B<sub>2</sub></u></a>	Water	1.3 mg	Ariboflavinosis	Dairy products, bananas, popcorn, green beans, asparagus
<a href="#"><u>Vitamin B<sub>3</sub></u></a>	Water	16.0 mg	Pellagra	Meat, fish, eggs, many vegetables, mushrooms, tree nuts
<a href="#"><u>Vitamin B<sub>5</sub></u></a>	Water	5.0 mg	Paresthesia	Meat, broccoli, avocados
<a href="#"><u>Vitamin B<sub>6</sub></u></a>	Water	1.3–1.7 mg	Anemia, peripheral neuropathy	Meat, vegetables, tree nuts, bananas
<a href="#"><u>Vitamin B<sub>7</sub></u></a>	Water	30.0 µg	Dermatitis, enteritis	Raw egg yolk, liver, peanuts, certain vegetables

<a href="#"><u>Vitamin B<sub>9</sub></u></a>	Water	<b>400 µg</b>	Megaloblast and Deficiency during pregnancy is associated with birth defects, such as neural tube defects	Leafy vegetables, pasta, bread, cereal, liver
<a href="#"><u>Vitamin B<sub>12</sub></u></a>	Water	<b>2.4 µg</b>	Megaloblastic anemia	Meat and other animal products
<a href="#"><u>Vitamin C</u></a>	Water	<b>90.0 mg</b>	Scurvy	Many fruits and vegetables, liver
<a href="#"><u>Vitamin D</u></a>	Fat	5.0 µg–10 µg	Rickets and Osteomalacia	Fish, eggs, liver, mushrooms
<a href="#"><u>Vitamin E</u></a>	Fat	<b>15.0 mg</b>	Deficiency is very rare; mild hemolytic anemia in newborn infants.	Many fruits and vegetables
<a href="#"><u>Vitamin K</u></a>	Fat	120 µg	Bleeding diathesis	Leafy green vegetables such as spinach, egg yolks, liver