

NUTRIENTS	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
Vitamin A	Animal products, especially liver, fish oils, eggs, and dairy products.	None	Blurred vision, dry eyes, skin dryness, and night blindness.	Headaches, dizziness, and skin irritation.
Vitamin B1	Whole grains, legumes, and fortified cereals.	None	Weakness, fatigue, and numbness in the hands and feet.	None
Vitamin B2	Eggs, dairy products, and fortified cereals.	None	Cracks in the mouth, skin rashes, and fatigue.	None
Vitamin B3	Meat, fish, and fortified cereals.	None	Diarrhea, dermatitis, and dementia.	None
Vitamin B5	Wheat germ, liver, and fortified cereals.	None	None	None
Vitamin B6	Meat, fish, and fortified cereals.	None	Weakness, numbness, and depression.	None
Vitamin B7	Eggs, liver, and fortified cereals.	None	None	None
Vitamin B9	Leafy green vegetables, legumes, and fortified cereals.	None	Weakness, fatigue, and anemia.	None
Vitamin C	Fruits, vegetables, and fortified cereals.	None	Scurvy, bleeding gums, and fatigue.	None
Vitamin D	Fatty fish, egg yolks, and fortified milk.	None	Rickets, osteoporosis, and muscle weakness.	None
Vitamin E	Vegetable oils, nuts, and seeds.	None	Weakness, muscle pain, and vision problems.	None
Vitamin K	Leafy green vegetables, vegetable oils, and fortified cereals.	None	Bleeding, bruising, and bone health issues.	None
Calcium	Dairy products, leafy green vegetables, and fortified cereals.	None	Osteoporosis, muscle cramps, and fatigue.	None
Iron	Meat, fish, and fortified cereals.	None	Anemia, weakness, and fatigue.	None
Zinc	Meat, fish, and fortified cereals.	None	Weakness, loss of appetite, and skin problems.	None
Copper	Shellfish, nuts, and seeds.	None	None	None
Selenium	Eggs, fish, and fortified cereals.	None	Weakness, fatigue, and hair loss.	None
Magnesium	Whole grains, legumes, and fortified cereals.	None	Weakness, muscle cramps, and fatigue.	None
Manganese	Whole grains, legumes, and fortified cereals.	None	None	None
Chromium	Whole grains, legumes, and fortified cereals.	None	None	None
Molybdenum	Whole grains, legumes, and fortified cereals.	None	None	None
Cobalt	Meat, fish, and fortified cereals.	None	None	None
Nickel	None	None	None	None
Silicon	Whole grains, legumes, and fortified cereals.	None	None	None
Vanadium	None	None	None	None
Fluorine	None	None	None	None
Iodine	Seafood, dairy products, and fortified cereals.	None	Goiter, fatigue, and weight gain.	None
Sulfur	Meat, fish, and fortified cereals.	None	None	None
Phosphorus	Dairy products, meat, and fortified cereals.	None	Weakness, bone health issues, and fatigue.	None
Potassium	Fruits, vegetables, and fortified cereals.	None	Weakness, muscle cramps, and fatigue.	None
Sodium	Table salt, processed foods, and fortified cereals.	None	High blood pressure, heart disease, and kidney problems.	None
Chlorine	Table salt, processed foods, and fortified cereals.	None	None	None
Bromine	None	None	None	None

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