

List of Vitamins

LIST OF VITAMINS

Start by providing your personal details, including your name, date of birth, age, gender, dietary restrictions, and current supplements. Include both natural food sources and any vitamin supplements you take. To track your daily vitamin intake, refer to the Recommended Daily Allowances (RDAs) specific to your age and gender. Record your daily intake in the "Today's Intake" column. You can also use the List of Essential Vitamins (see page 2) to monitor your daily intake.

Name: _____ Date of birth: _____ dd / mm / yyyy

Age: _____ Gender: _____

Height: _____ Weight: _____

Dietary restrictions

Current supplements

Vitamin sources

Vitamin 1

Vitamin 2

Vitamin 3

Vitamin 4

Vitamin 5

Vitamin 6

Vitamin A: Essential for eye health, immune function, and skin integrity. Vitamin B1 (Thiamine): Key for energy metabolism and nervous system function. Vitamin B2 (Riboflavin): Involved in energy production and skin and eye health. Vitamin B3 (Niacin): Plays a role in DNA repair and metabolic processes. Vitamin B5 (Pantothenic Acid): Vital for synthesizing and metabolizing proteins, carbohydrates, and fats. Vitamin B6 (Pyridoxine): Important for amino acid metabolism and red blood cell production. Vitamin B7 (Biotin): Supports healthy hair, skin, and nails; assists in gene regulation. Vitamin B9 (Folate): Crucial for proper brain function and DNA synthesis. Vitamin B12 (Cobalamin): Necessary for nerve tissue health, brain function, and red blood cell production. Vitamin C (Ascorbic Acid): An antioxidant that aids in tissue repair and enzymatic production of certain neurotransmitters. Vitamin D: Important for bone health and immune system regulation. Vitamin E: Antioxidant properties that protect cells from damage. Vitamin K: Essential for blood coagulation and bone metabolism.