

# Common Vitamin Functions

Vitamin A

Form and maintain

- teeth
- bones
- soft tissue
- skin

Vitamin C

- Help body absorb iron
- Maintain healthy tissue
- Promote wound healing

Vitamin D

- Help the body absorb calcium
- Maintain proper blood levels of calcium and phosphorus

Vitamin E

- Form red blood cells
- Use Vitamin K

Vitamin K

Make blood stick together

Vitamin B

Maintain healthy skin and nerves

Vitamin B6

- Help form red blood cells
- Maintain brain functions
- Vital to protein works

Vitamin B12

- Metabolism
- Help form red blood cells
- Maintain the central nervous system

Vitamin B7

- Metabolism
  - Proteins
  - Carbohydrates
- Production
  - Hormones
  - Cholesterol

Vitamin B3

- Help maintain skin and nerves
- Reduce cholesterol at higher doses