

Vitamins

Key functions and vitamin-rich foods

Vitamin	Functions	Food
A Retinol	Protects the skin and mucous membranes, and plays a key role in reproduction, growth, development, the immune system and eyesight.	Liver, carrots, root vegetables and tubers, lamb's lettuce, spinach
B1 Thiamine	Plays an essential role in energy and carbohydrate metabolism, and fulfils specific functions within the nervous system.	Sunflower seeds, soya beans, pork, wholewheat pasta, peas
B2 Riboflavin	Is involved in a number of reactions within carbohydrate, fat and protein metabolism, and in energy extraction.	Almonds, quark, green beans, soft cheese, liver
B3 Niacin	Plays a key role in the metabolism of protein, carbohydrates and fat.	Liver, tuna, peanuts, dry-cured ham, chicken breast
B5 Pantothenic acid	Contributes to our cells' energy metabolism and helps build up and break down carbohydrates, proteins and fats.	Liver, eggs, mushrooms, peanuts, green beans
B6 Pyridoxine	Plays an important role in amino acid metabolism and is involved in nervous system functions and our immune response.	Garlic, dried beans, chicken, hazelnuts, quinoa
B7 Biotin	Essential for enzymes that play a central role in metabolising nutrients.	Nuts, eggs, oats, spinach, beef fillet
B9 Folic acid	Plays a key role in cell growth, division and differentiation.	Spinach, chickpeas, soya beans, pulses, dried mango
B12 Cobalamin	Supports functions such as cell division and blood formation, and is a necessary component in healthy nerve cells.	Liver, salmon, trout, beef, Sbrinz cheese
C Ascorbic acid	Protects the cells from free radicals, supports the immune system, improves the absorption of iron and is important for building connective tissue and bone.	Blackcurrant, kiwi, different type of cabbage, chilli pepper, broccoli
D Calciferol	Promotes the absorption of calcium and phosphorus in the intestines, supports the development of muscles, bones and teeth, and strengthens the immune system.	Fish, eggs, meat, margarine, mushrooms
E Tocopherols	Neutralises free radicals and protects fat in the blood and cell membranes.	Vegetable oils, almonds, hazelnuts, wheatgerm, pine nuts
K	Contributes to blood clotting and growing and maintaining bone.	Parsley, lettuce, cashew nuts, rapeseed oil, broccoli