

Eating Your A, B, C's...

You don't need much of them, but you can't live without them. Vitamins are a group of 13 substances that the body needs. For the most part, you get vitamins and minerals from the food you eat.



Vitamin A is also called retinol. It is necessary for healthy vision and also helps create strong bones and teeth, as well as a strong immune system.



Vitamin D is made by the body when it is exposed to the sun. The vitamin is also found in certain foods. Vitamin D helps the body absorb the mineral calcium. It also helps build strong bones and teeth.



Vitamin E helps maintain healthy red blood cells and muscle tissue.



Vitamin B

is a group of vitamins that help the body turn food into energy. They are also needed to make red blood cells and the genetic materials DNA and RNA.



The vitamin B group includes:

- B1 (thiamin)
- B2 (riboflavin)
- B3 (niacin)
- B5 (pantothenic acid)
- B6 (pyridoxine)
- B9 (folic acid)
- B12 (cobalamin)
- BIOTIN



Vitamin C, also called ascorbic acid, is necessary for making collagen, which holds body cells together. It also aids in the healing of wounds and burns and helps build strong teeth and bones.



Vitamin K is necessary for blood to clot when you get a cut. Half of the vitamin comes from the food you eat; the other half is manufactured by bacteria in your intestines.



Basic Of Vitamin Health

Camilla Rothe



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Table of Contents Basic Of Vitamin Health

1. Understanding the eBook Basic Of Vitamin Health
 - The Rise of Digital Reading Basic Of Vitamin Health
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic Of Vitamin Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basic Of Vitamin Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic Of Vitamin Health
 - Personalized Recommendations
 - Basic Of Vitamin Health User Reviews and Ratings
 - Basic Of Vitamin Health and Bestseller Lists
5. Accessing Basic Of Vitamin Health Free and Paid eBooks

- Basic Of Vitamin Health Public Domain eBooks
- Basic Of Vitamin Health eBook Subscription Services
- Basic Of Vitamin Health Budget-Friendly Options
- 6. Navigating Basic Of Vitamin Health eBook Formats
 - ePub, PDF, MOBI, and More
 - Basic Of Vitamin Health Compatibility with Devices
 - Basic Of Vitamin Health Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basic Of Vitamin Health
 - Highlighting and Note-Taking Basic Of Vitamin Health
 - Interactive Elements Basic Of Vitamin Health
- 8. Staying Engaged with Basic Of Vitamin Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basic Of Vitamin Health
- 9. Balancing eBooks and Physical Books Basic Of Vitamin Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basic Of Vitamin Health
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Basic Of Vitamin Health
 - Setting Reading Goals Basic Of Vitamin Health
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Basic Of Vitamin Health
 - Fact-Checking eBook Content of Basic Of Vitamin Health
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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