



Vitamins: what are they for?

Vitamins		
Vitamin	What are they for?	Where do they come from?
Vitamin A	<ul style="list-style-type: none">Promotes normal visionPromotes normal bone & muscle growthMaintains healthy skin cells	Liver, fish oil, dairy products, egg
Vitamin D	<ul style="list-style-type: none">Promotes tooth & bone formationHelps absorb minerals such as calcium & phosphorous	Fish & fish oil, egg yolks
Vitamin E	<ul style="list-style-type: none">Antioxidant to delay signs of aging	Vegetable oil
Vitamin K	<ul style="list-style-type: none">Necessary for normal blood clotting	Alfalfa meal, liver
Vitamin C	<ul style="list-style-type: none">Antioxidant to delay signs of agingStrengthens connective tissue, muscle, & skinHastens wound healing & increases resistance to infection	Fruits, vegetables, organ meat
Vitamin B	<ul style="list-style-type: none">Promote red blood cell formationAssists in metabolism	Various meats, vegetables



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Minerals: what are they for?

Minerals		
Mineral	What are they for?	Where do they come from?
Calcium	<ul style="list-style-type: none">Major mineral in bone & teethParticipates in blood clotting, muscle contraction, nerve conduction blood pressure maintenance, cell membrane function, & heartbeat regulation	Bone meal, calcium carbonate
Phosphorous	<ul style="list-style-type: none">Found in bone & teeth	Meat, fish , egg, bone meal
Magnesium	<ul style="list-style-type: none">Helps maintain proper blood calcium levelsAids in metabolism of carbohydrates & fatsAids function of nerves & muscles	Flaxseed, soy products, manganous oxide
Potassium	<ul style="list-style-type: none">Helps maintain heart & kidney functionHelps regulate blood pressureFacilitate muscle contraction & nerve impulses	Potatoes, red meat, chicken, select fish, potassium chloride
Sodium/ Chloride	<ul style="list-style-type: none">Maintains water balanceRegulates blood pressureFacilitate muscle contraction & nerve impulses	Meat, salt, sodium tripolyphosphate
Copper/ Zinc	<ul style="list-style-type: none">Important in skin cells and enzyme systems	Copper - Organ meats, copper sulfate Zinc - Beef, pork, lamb, dark meat chicken, zinc oxide





Vitamins and Minerals: what are they for?

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Vitamin E	<ul style="list-style-type: none"> Antioxidant to delay signs of aging 	Vegetable oil
Vitamin K	<ul style="list-style-type: none"> Necessary for normal blood clotting 	Alfalfa meal, liver
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Corn is a staple human food

Breakfast



Lunch- Dinner



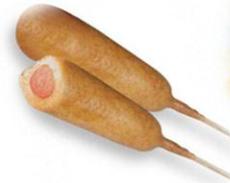
Beverages



Cooking- Baking



Snacks



In these common human foods and ingredients, corn or corn products are NOT considered to be a “filler”, an allergen or indigestible.