



# Vitamins: what are they for?

Vitamins		
Vitamin	What are they for?	Where do they come from?
Vitamin A	<ul style="list-style-type: none"><li>Promotes normal vision</li><li>Promotes normal bone &amp; muscle growth</li><li>Maintains healthy skin cells</li></ul>	Liver, fish oil, dairy products, egg
Vitamin D	<ul style="list-style-type: none"><li>Promotes tooth &amp; bone formation</li><li>Helps absorb minerals such as calcium &amp; phosphorous</li></ul>	Fish & fish oil, egg yolks
Vitamin E	<ul style="list-style-type: none"><li>Antioxidant to delay signs of aging</li></ul>	Vegetable oil
Vitamin K	<ul style="list-style-type: none"><li>Necessary for normal blood clotting</li></ul>	Alfalfa meal, liver
Vitamin C	<ul style="list-style-type: none"><li>Antioxidant to delay signs of aging</li><li>Strengthens connective tissue, muscle, &amp; skin</li><li>Hastens wound healing &amp; increases resistance to infection</li></ul>	Fruits, vegetables, organ meat
Vitamin B	<ul style="list-style-type: none"><li>Promote red blood cell formation</li><li>Assists in metabolism</li></ul>	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"><li>Major mineral in bone &amp; teeth</li><li>Participates in blood clotting, muscle contraction, nerve conduction blood pressure maintenance, cell membrane function, &amp; heartbeat regulation</li></ul>	Bone meal, calcium carbonate
Phosphorous	<ul style="list-style-type: none"><li>Found in bone &amp; teeth</li></ul>	Meat, fish , egg, bone meal
Magnesium	<ul style="list-style-type: none"><li>Helps maintain proper blood calcium levels</li><li>Aids in metabolism of carbohydrates &amp; fats</li><li>Aids function of nerves &amp; muscles</li></ul>	Flaxseed, soy products, manganous oxide
Potassium	<ul style="list-style-type: none"><li>Helps maintain heart &amp; kidney function</li><li>Helps regulate blood pressure</li><li>Facilitate muscle contraction &amp; nerve impulses</li></ul>	Potatoes, red meat, chicken, select fish, potassium chloride
Sodium/ Chloride	<ul style="list-style-type: none"><li>Maintains water balance</li><li>Regulates blood pressure</li><li>Facilitate muscle contraction &amp; nerve impulses</li></ul>	Meat, salt, sodium tripolyphosphate
Copper/ Zinc	<ul style="list-style-type: none"><li>Important in skin cells and enzyme systems</li></ul>	<b>Copper</b> - Organ meats, copper sulfate <b>Zinc</b> - Beef, pork, lamb, dark meat chicken, zinc oxide





# Vitamins and Minerals: what are they for?

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Vitamin	What are they for?	Where do they come from?
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Vitamin B	<ul style="list-style-type: none"> <li>Promotes red blood cell formation</li> <li>Assist in metabolism</li> </ul>	Various meats, vegetables

Minerals		
Mineral	Function	Source
Calcium	<ul style="list-style-type: none"> <li>Major mineral in bone &amp; teeth</li> <li>Participates in blood clotting, muscle contraction, nerve conduction blood pressure maintenance, cell membrane function, &amp; heartbeat regulation</li> </ul>	Bone meal, calcium carbonate
Phosphorous	<ul style="list-style-type: none"> <li>Found in bone &amp; teeth</li> </ul>	Meat, fish , egg, bone meal
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Copper/ Zinc	<ul style="list-style-type: none"> <li>Important in skin cells and enzyme systems</li> </ul>	<b>Copper-</b> Organ meats, copper sulfate <b>Zinc-</b> Beef, pork, lamb, dark meat chicken , zinc oxide



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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.