

Nutrient	Functions/Benefits	Food Sources	Daily Value*
Vitamin A (Beta-Carotene)	Growth and development; Immune function; Red blood cell formation; Skin and bone formation; Vision	Eggs, milk, liver, carrots, yellow or orange vegetables, spinach and other leafy green vegetables	700-900 mcg
Vitamin B1 (Thiamin)	Conversion of food into energy; Cells growth and development; Nervous system function;	Whole grains and fortified bread, cereal, pasta, rice, meat (especially pork), fish, legumes, seeds, nuts	1,1-1,2 mg
Vitamin B2 (Riboflavin)	Cells growth and development; Conversion of food into energy	Eggs, organ meats (such as kidneys and liver), lean meats, low-fat milk, green vegetables (such as asparagus, broccoli, and spinach)	1,1-1,3 mg
Vitamin B3 (Niacin)	Helps the digestive system, skin, and nerves to function. Converts food to energy.	Milk, eggs, rice, fish, legumes, peanuts, poultry	14-16 mg
Vitamin B5 (Pantothenic Acid)	Conversion of food into energy Protein, carbohydrate, and fat metabolism Hormone production Nervous system function Red blood cell formation	Poultry, seafood, nuts, seeds, avocados and whole grains	5 mg
Vitamin B6 (Pyridoxine)	Immune function Nervous system function Protein, carbohydrate, and fat metabolism Red blood cell formation	Poultry, fish, and organ meats, potatoes and other starchy vegetables, fruit (other than citrus)	1,3 mg
Vitamin B7 (Biotin)	Energy production & storage Protein, carbohydrate and fat metabolism	Nuts, eggs, soybeans and fish	30 mcg
Vitamin B9 (Folate/Folic Acid)	Protein metabolism Red blood cell formation	Enriched grains, dark leafy greens, whole-grain breads and cereals and citrus fruits	400mcg
Vitamin B12	Conversion of food into energy Nervous system function Red blood cell formation	Beef liver, clams, fish, meat, poultry, eggs, milk, nutritional yeasts	2,4 mcg
Vitamin C	Antioxidant - helps protect cells from the damage caused by free radicals. Collagen production Immune function Wound healing	Citrus fruits and their juices, red and green pepper, kiwifruit, broccoli, strawberries, cantaloupe, baked potatoes, tomatoes	75-90 mg
Vitamin D	Blood pressure regulation Bone growth Calcium balance Hormone production Immune function Nervous system function	Fatty fish (such as salmon, tuna, and mackerel), beef liver, cheese, egg yolks, mushrooms	600 IU
Vitamin E	Antioxidant - helps protect cells from the damage caused by free	Vegetable oils (such as wheat germ, sunflower, safflower oils).	15 mg

	radicals. Formation of blood vessels Immune function	Nuts (such as peanuts, hazelnuts, and, especially, almonds) and seeds. Green vegetables, such as spinach and broccoli.	
Vitamin K	Blood clotting Strong bones	Green leafy vegetables, such as spinach, kale, broccoli, and lettuce. Vegetable oils, some fruits, such as blueberries and figs. Meat, cheese, eggs, soybeans.	90-120 mcg
Calcium	Blood clotting Bone and teeth formation Constriction and relaxation of blood vessels Muscle contraction Nervous system function	Milk, yogurt, cheese, kale, broccoli, Chinese cabbage, canned sardines and salmon.	1000-1200 mg
Iron	Energy production Growth and development Immune function Red blood cell formation Wound healing	Lean meat, seafood, poultry, iron-fortified breakfast cereals, breads, white beans, lentils, spinach, kidney beans, peas, nuts and some dried fruits (e.g., raisins).	8-18 mg
Magnesium	Blood pressure regulation Blood sugar regulation Bone formation Energy production Immune function Muscle contraction Nervous system function Normal heart rhythm Protein formation	Legumes, nuts, seeds, whole grains, green leafy vegetables	310-420 mg
Phosphorus	Acid-base balance Bone formation Energy production and storage	Protein food groups of meat and milk	700 mg
Potassium	Blood pressure regulation Carbohydrate metabolism Fluid balance Growth and development Heart function Muscle contraction Nervous system function Protein formation	All meats (red meat and chicken), fish (such as salmon, cod, flounder, and sardines), broccoli, peas, lima beans, tomatoes, potatoes, sweet potatoes, winter squash, citrus fruits, cantaloupe, bananas, kiwi, prunes, dried apricots, milk, yogurt, nuts.	4,7 g
Zinc	Growth and development Energy production Immune function Nervous system function Protein formation Wound healing	Oysters, red meat, poultry, seafood such as crab and lobsters	8-11 mg
Sodium	Sodium is a critical electrolyte, particularly for athletes with high	Breads, cheese, cured meats and sausages, processed food, table	2.3 g

	sweat losses Acid-base balance Blood pressure regulation Fluid balance Muscle contraction Nervous system function	salt	
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