



ESSENTIAL  
VITAMINS &  
MINERALS

# CHEAT SHEETS



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This guide presents general information about vitamins, minerals, and nutrition, including recommended daily intakes and food sources. However, individual nutritional needs may vary based on factors such as age, health conditions, medications, and lifestyle. Always consult a licensed healthcare professional, registered dietitian, or physician before making significant dietary changes, especially if you have pre-existing medical conditions, are pregnant, breastfeeding, or taking medication.

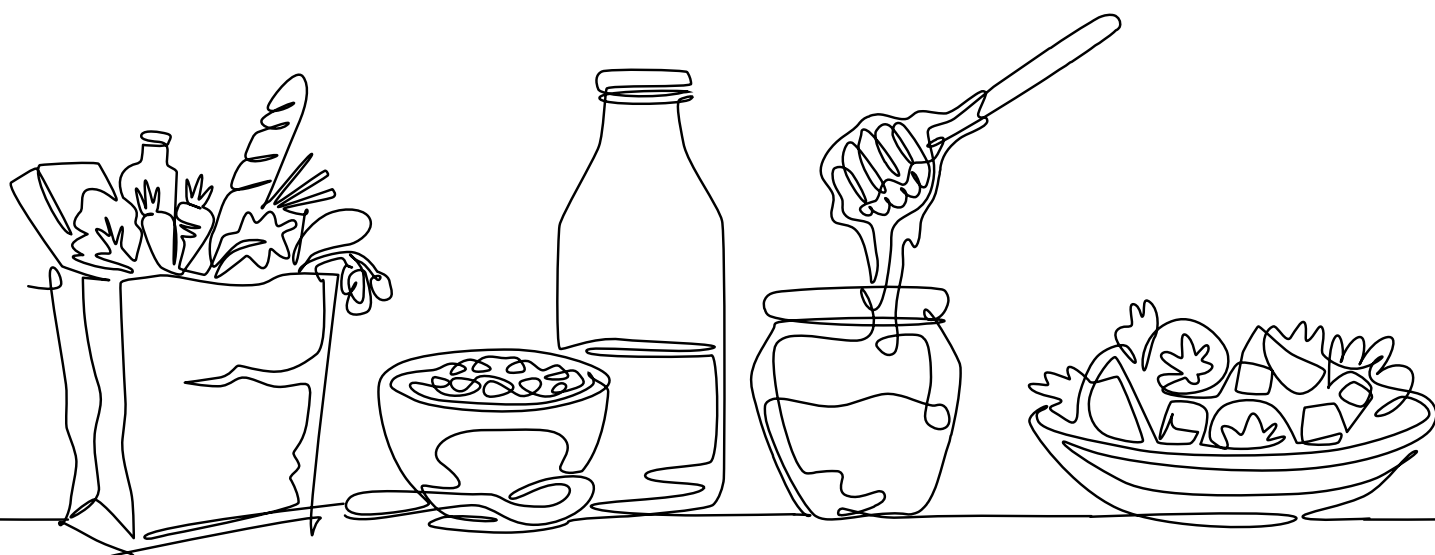
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# WELCOME TO YOUR CHEAT SHEETS: ESSENTIAL VITAMINS & MINERALS

Whether you're looking to improve your diet, boost your energy, or simply understand vitamins and minerals better, this guide is here to help. Nutrition doesn't have to be complicated - these quick references will give you all the essential information in a simple, easy-to-use format.

## OPTIMIZE YOUR NUTRITION AND SUPPORT A HEALTHIER LIFESTYLE.

Maintaining a balanced diet rich in essential vitamins and minerals is key to overall health and well-being. Vitamins and minerals play critical roles in energy production, immune support, bone health, and more.



### WHAT ELSE IS INSIDE? IN THIS GUIDE, YOU'LL LEARN:

- Understand what vitamins and minerals are
- Know the differences between water-soluble and fat-soluble vitamins
- Learn about micro and macro minerals
- Understand the key functions of each vitamin and mineral with the recommended daily dose
- Gain knowledge on the food sources that present this vitamins and minerals



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# UNDERSTANDING VITAMINS AND MINERALS

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## WHAT ARE VITAMINS AND MINERALS?

Vitamins and minerals are micronutrients that are essential for various bodily functions. They support metabolism, immune function, growth, and overall well-being. Unlike macronutrients (proteins, fats, and carbohydrates), vitamins and minerals are needed in smaller amounts but are just as crucial.

### The Difference Between Water-Soluble and Fat-Soluble Vitamins

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#### **Water-Soluble Vitamins**

Dissolve in water and are not stored in the body. They must be consumed regularly through diet. water-soluble vitamins.



#### **Fat-Soluble Vitamins**

Dissolve in fat and are stored in the body's tissues. They do not need to be consumed as frequently as water-soluble vitamins.

### The Difference Between Macro and Micro Minerals

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#### **Macro-Minerals**

Are needed in larger amounts and play key roles in bone health, muscle function, and fluid balance. Examples include calcium, magnesium, and potassium.



#### **Micro-Minerals (Trace Minerals)**

Are required in smaller amounts but are still essential for bodily functions, such as immune support and metabolism. Examples include iron, zinc, and selenium.



# THE ROLE IN THE BODY

## WHY ARE THEY IMPORTANT?

Each vitamin and mineral has a unique function in the body.  
They work together to keep the body functioning properly by supporting:

- 1 Energy production (B vitamins help convert food into energy)
- 2 Immune defense (Vitamin C, Zinc, and Iron help strengthen immunity)
- 3 Bone health (Calcium, Vitamin D, and Magnesium are essential for strong bones)
- 4 Brain function (Omega-3s, B vitamins, and Iron support cognitive health)
- 5 Skin and hair health (Vitamin A, Vitamin E, and Biotin promote healthy skin and hair)



## How to Ensure You Get Enough Nutrients

- Eat a variety of whole foods like fruits, vegetables, lean proteins, and whole grains.
- Incorporate nutrient-dense foods rich in vitamins and minerals into every meal.
- Consider supplementation if recommended by a healthcare professional.





# CHEAT SHEETS

ESSENTIAL VITAMINS & MINERALS



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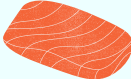




# WATER-SOLUBLE VITAMINS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Vitamin B1 (Thiamine)	Energy metabolism, nerve function	<ul style="list-style-type: none"> <li>Men: 1.2 mg</li> <li>Women: 1.1 mg</li> </ul>	Whole grains, pork, beans, nuts, seeds 
Vitamin B2 (Riboflavin)	Energy production, skin and eye health	<ul style="list-style-type: none"> <li>Men: 1.3 mg</li> <li>Women: 1.1 mg</li> </ul>	Dairy products, eggs, green leafy vegetables, lean meats 
Vitamin B3 (Niacin)	Energy production, nervous system support	<ul style="list-style-type: none"> <li>Men: 16 mg</li> <li>Women: 14 mg</li> </ul>	Chicken, fish, peanuts, whole grains 
Vitamin B5 (Pantothenic Acid)	Fat and carbohydrate metabolism	5 mg (both men and women)	Avocados, eggs, whole grains, meat 
Vitamin B6 (Pyridoxine)	Brain health, protein metabolism	<ul style="list-style-type: none"> <li>Men: 1.3-1.7 mg</li> <li>Women: 1.3-1.5 mg</li> </ul>	Poultry, bananas, potatoes, fortified cereals 
Vitamin B7 (Biotin)	Hair, skin, and nail health, metabolism support	30 mcg (both men and women)	Eggs, nuts, seeds, sweet potatoes 
Vitamin B9 (Folate/Folic Acid)	DNA synthesis, cell growth (essential for pregnancy)	<ul style="list-style-type: none"> <li>Adults: 400 mcg</li> <li>Pregnant Women: 600 mcg</li> </ul>	Leafy greens, legumes, citrus fruits, fortified grains 
Vitamin B12 (Cobalamin)	Red blood cell production, brain health	2.4 mcg (both men and women)	Meat, fish, dairy, fortified cereals 
Vitamin C (Ascorbic Acid)	Immune support, collagen production, antioxidant	<ul style="list-style-type: none"> <li>Men: 90 mg</li> <li>Women: 75 mg</li> </ul>	Citrus fruits, bell peppers, strawberries, broccoli 









# FAT-SOLUBLE VITAMINS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Vitamin A	Vision health, immune function, skin health	<ul style="list-style-type: none"> <li>Men: 900 mcg</li> <li>Women: 700 mcg</li> </ul>	Carrots, sweet potatoes, liver, spinach 
Vitamin D	Bone health, calcium absorption, immune support	<ul style="list-style-type: none"> <li>Adults: 15 mcg (600 IU)</li> </ul>	Sunlight exposure, fatty fish, fortified dairy products 
Vitamin E	Antioxidant, skin health, immune support	<ul style="list-style-type: none"> <li>15 mg (both men and women)</li> </ul>	Nuts, seeds, spinach, sunflower oil 
Vitamin K	Blood clotting, bone health	<ul style="list-style-type: none"> <li>Men: 120 mcg</li> <li>Women: 90 mcg</li> </ul>	Leafy greens, broccoli, soybeans 













# MACRO-MINERALS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Calcium	Bone and teeth health, muscle function, nerve signaling	<ul style="list-style-type: none"> <li>Adults: 1,000 mg</li> <li>Women (50+): 1,200 mg</li> </ul>	Dairy products, leafy greens, almonds, tofu 
Magnesium	Muscle and nerve function, energy production	<ul style="list-style-type: none"> <li>Men: 400–420 mg</li> <li>Women: 310–320 mg</li> </ul>	Nuts, seeds, whole grains, dark chocolate 
Potassium	Fluid balance, muscle contractions, heart health	<ul style="list-style-type: none"> <li>2,600–3,400 mg (both men and women)</li> </ul>	Bananas, potatoes, beans, oranges 
Sodium	Fluid balance, nerve and muscle function	1,500 mg (limit to 2,300 mg max)	Table salt, processed foods, seafood 
Phosphorus	Bone health, energy production, cell repair	<ul style="list-style-type: none"> <li>700 mg (both men and women)</li> </ul>	Dairy, meat, fish, nuts, whole grains 
Sulfur	Protein synthesis, detoxification, enzyme function	No established daily intake (adequate from diet)	Garlic, onions, eggs, cruciferous vegetables 





# MICRO-MINERALS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Iron	Oxygen transport, energy production	<ul style="list-style-type: none"> <li>Men: 8 mg</li> <li>Women: 18 mg</li> </ul>	Red meat, beans, lentils, spinach 
Zinc	Immune function, wound healing, DNA synthesis	<ul style="list-style-type: none"> <li>Men: 11 mg</li> <li>Women: 8 mg</li> </ul>	Meat, shellfish, legumes, seeds 
Copper	Red blood cell formation, iron metabolism	<ul style="list-style-type: none"> <li>900 mcg (both men and women)</li> </ul>	Nuts, seeds, shellfish, whole grains 
Manganese	Bone formation, metabolism support	<ul style="list-style-type: none"> <li>Men: 2.3 mg</li> <li>Women: 1.8 mg</li> </ul>	Nuts, whole grains, leafy greens, tea 
Iodine	Thyroid hormone production, metabolism regulation	<ul style="list-style-type: none"> <li>150 mcg (both men and women)</li> </ul>	Iodized salt, seaweed, dairy, fish 
Selenium	Antioxidant function, thyroid health	55 mcg (both men and women)	Brazil nuts, seafood, eggs, whole grains 
Fluoride	Dental health, bone strength	<ul style="list-style-type: none"> <li>3-4 mg (both men and women)</li> </ul>	Fluoridated water, fish, tea 
Chromium	Blood sugar regulation	<ul style="list-style-type: none"> <li>Men: 35 mcg</li> <li>Women: 25 mcg</li> </ul>	Whole grains, nuts, broccoli, meat 



# SIGNS OF DEFICIENCIES & HOW TO FIX THEM

## COMMON DEFICIENCY SYMPTOMS

Vitamin and mineral deficiencies can lead to various health problems. Some common symptoms include:



**Fatigue & Weakness**  
(Iron, Vitamin D, B12 deficiency)



**Brittle Hair & Nails**  
(Biotin, Zinc deficiency)



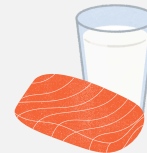
**Muscle Cramps & Spasms**  
(Magnesium, Calcium, Potassium deficiency)



**Frequent Illness**  
(Vitamin C, Vitamin D, Zinc deficiency)



**Poor Wound Healing**  
(Vitamin C, Zinc deficiency)



**Bone Pain & Weakness**  
(Calcium, Vitamin D deficiency)


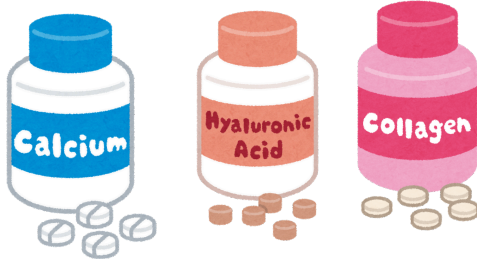


## BEST FOODS VS. SUPPLEMENTS

### Balanced Diet = Best Nutrition

A well-rounded diet with a variety of nutrient-rich foods is the best way to maintain optimal health and prevent deficiencies. Aim for whole foods over processed options whenever possible.

Where supplements are chosen, choose high-quality supplements and consult a healthcare provider before adding them to your routine.

WHOLE FOODS	SUPPLEMENTS
<p>Whole foods are the best way to get your nutrients because they provide additional fiber, antioxidants, and other beneficial compounds.</p> 	<p>Supplements can help if you have dietary restrictions, absorption issues, or specific deficiencies, but they should not replace a balanced diet.</p> 

## WHEN TO SEE A DOCTOR

- If you experience persistent symptoms like chronic fatigue, unexplained weight loss, or severe hair loss.
- If a blood test confirms a deficiency requiring medical intervention.
- If dietary changes and supplementation do not improve symptoms over time.





# THANKYOU LET'S BEGIN!

Thank you for taking the time to read these cheat sheets!

By following these guidelines, you can make informed decisions about your nutrition and take steps toward a healthier, more balanced lifestyle!

## Quick Recap of Essentials

- Vitamins and minerals are essential for overall health, supporting functions like immunity, energy production, and brain health.
- Water-soluble vitamins need to be consumed daily, while fat-soluble vitamins are stored in the body.
- Macro-minerals are required in larger amounts, while micro-minerals are needed in smaller doses but are just as important.
- Watch for deficiency symptoms and focus on a whole foods. Consider a HTMA test to understand your mineral profile and how it is affecting organ function and overall health.

YOU'VE  
GOT THIS!



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