

■ **Your Guide to Vitamins: The Building Blocks of Good Health**

*(Patient Education Material by Alcardia Life Sciences Pvt. Ltd.) *

Vitamins are essential nutrients your body needs in small amounts to function properly. They help in growth, energy production, strong immunity, and maintaining healthy organs.

Most vitamins must come from food or supplements as the body cannot produce them on its own.

■ **FAT-SOLUBLE VITAMINS**

■ Vitamin A

Carrots, spinach, pumpkin, milk, egg yolk. Important for eyes, skin, and immunity. Deficiency causes night blindness.

■ Vitamin D

Sunlight, fish, egg yolk, fortified foods. Helps calcium absorption for strong bones. Deficiency causes rickets or osteomalacia.

■ Vitamin E

Nuts, seeds, oils, spinach. Antioxidant for skin and heart. Deficiency leads to muscle weakness.

■ Vitamin K

Green leafy vegetables, eggs, liver. Helps blood clotting and bone strength. Deficiency causes bleeding tendency.

■ **WATER-SOLUBLE VITAMINS**

■ Vitamin C

Citrus fruits, amla, guava. Boosts immunity, helps wound healing, prevents scurvy.

■ Vitamin B1

Whole grains, nuts, meat. Needed for nerve and heart health. Deficiency causes Beriberi.

■ Vitamin B2

Milk, eggs, spinach. Maintains energy, skin, and eyes.

■ Vitamin B3

Meat, peanuts, whole grains. Improves brain and lowers cholesterol. Deficiency causes Pellagra.

■ Vitamin B4

Eggs, liver, soybeans. Important for brain and liver health.

- Vitamin B5

Chicken, eggs, legumes. Supports energy and hormone synthesis.

- Vitamin B6

Bananas, fish, potatoes. Aids brain and nerve health.

- Vitamin B12

Meat, fish, dairy. Prevents anemia, fatigue, and nerve damage.

- Folic Acid

Green leafy vegetables, beans, citrus fruits. Essential in pregnancy and for red blood cells.

■ General Preventive Benefits of Vitamins

- Strengthen immunity
- Protect against infections
- Promote healthy skin, hair, and nails
- Support strong bones and joints
- Improve energy and mood
- Enhance memory and brain function
- Prevent chronic diseases like heart disease and osteoporosis

■ ■ Balanced Diet for Daily Vitamin Needs

Include colorful fruits and vegetables, whole grains, legumes, milk, eggs, fish, nuts, seeds,

and healthy fats. Get 15–20 minutes of sunlight daily for Vitamin D.

Healthy Tip from Alcardia Life Sciences:

"A balanced diet is your best medicine. Supplements fill the gap — but food should always come first."