

VITAMIN BASICS

Name _____ Period _____ Assign # _____

VITAMIN	FUNCTION	SOURCES	PREVENTS
A			
D			
E			
K			
C ASCORBIC ACID			
B ¹ THIAMINE			
B ² RIBOFLAVIN			
NIACIN			
FOLACIN			
B ⁶ PYRI- DOXINE			
B ¹² COBALAMIN			