

Speedy Study Guides			
VITAMINS CHART			
<b>Function of Vitamin</b>	<b>Food sources</b>	<b>Deficiencies</b>	<b>Tests</b>
Regulates cell growth, bone density, blood pressure, heart rate, and protein synthesis in cells.	Leafy green vegetables, citrus fruits, and other fruits and vegetables.	Delayed growth, hair loss, and proteinuria in children.	Urine test (night blindness)
<b>Deficiency</b>	<b>Recommended daily intake</b>	<b>Prevalence</b>	<b>Body need</b>
Impaired vision, headache, muscle weakness, numbness, skin changes.	1-2 mg (1-2 mg for children, 1-2 mg for adults, 1-2 mg for pregnant women).	Endemic in light and exposed populations.	Approx. 1-2 mg
<b>Name</b>	<b>Other names</b>	<b>Abbreviations</b>	<b>Link</b>
Vitamin B12	Cyanocobalamin, hydroxycobalamin, methylcobalamin, adenosylcobalamin.	Hydroxycobalamin, methylcobalamin, adenosylcobalamin.	Hydroxycobalamin, methylcobalamin, adenosylcobalamin.
<b>Function</b>	<b>Food sources</b>	<b>Deficiencies</b>	<b>Tests</b>
Regulates cell growth, bone density, blood pressure, heart rate, and protein synthesis in cells.	Meat, poultry, fish, eggs, dairy products, and fortified cereals.	Delayed growth, hair loss, and proteinuria in children.	Urine test (night blindness)
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## Vitamins Chart (Speedy Study Guide)

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