

VITAMINS

Vitamin	What It Does	Where Is IT Found	Daily Value
Biotin	<ul style="list-style-type: none"> - Energy Storage - Protein, Carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> - Avocados - Cauliflower - Eggs - Fruits - Liver - Pork - Salmon - Whole grains 	300 mcg
Folate/Folic Acid <i>Important for pregnant women & women capable of becoming pregnant</i>	<ul style="list-style-type: none"> - Prevention of birth defects - Protein metabolism - Red blood cell formation 	<ul style="list-style-type: none"> - Asparagus - Avocado - Beans and peas - Enriched grain products - Green leafy vegetables - Orange Juice 	400 mcg
Niacin	<ul style="list-style-type: none"> - Cholesterol production - Conversion of food into energy - Digestion - Nervous system function 	<ul style="list-style-type: none"> - Beans - Beef - Enriched grain products - Nuts - Pork - Poultry - Seafood - Whole grains 	20 mg
Pantothenic Acid	<ul style="list-style-type: none"> - Conversion of food into energy - Fat metabolism - Hormone production - Nervous system function - Red blood cell formation 	<ul style="list-style-type: none"> - Avocados - Beans and peas - Broccoli - Eggs - Milk - Mushrooms - Poultry - Seafood 	10 mg
Riboflavin	<ul style="list-style-type: none"> - Conversion of food into energy - Growth and development - Red blood cell formation 	<ul style="list-style-type: none"> - Eggs - Enriched grain products - Meats - Milks - Mushrooms - Poultry - Seafood - Spinach 	1.7 mg
Thiamin	<ul style="list-style-type: none"> - Conversion of food into energy - Nervous system function 	<ul style="list-style-type: none"> - Beans and Peas - Enriched grain products - Nuts - Pork - Sunflower seeds - Whole grains 	3.5 mg