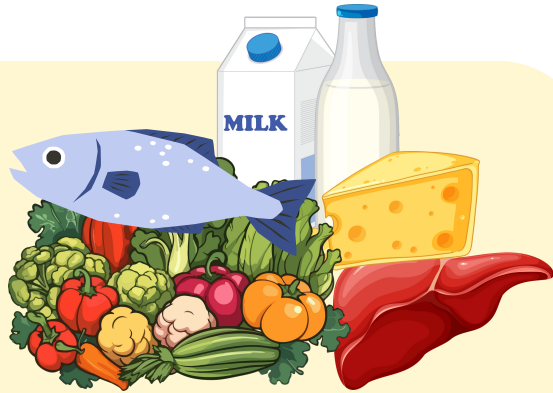
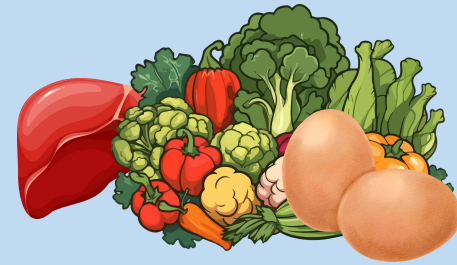


13 Essential Vitamins

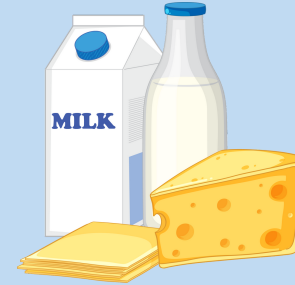
● fat soluble
● water soluble



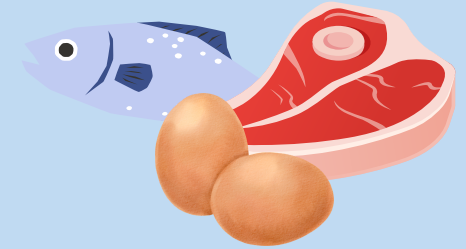
vitamin A
retinols, carotenoids



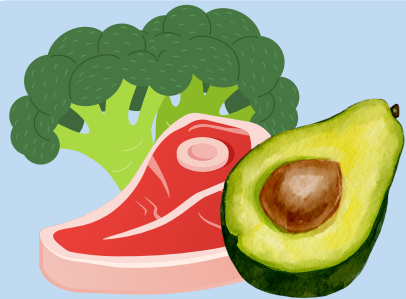
vitamin B1
thiamine



vitamin B2
riboflavin



vitamin B3
niacin



vitamin B5
pantothenic acid



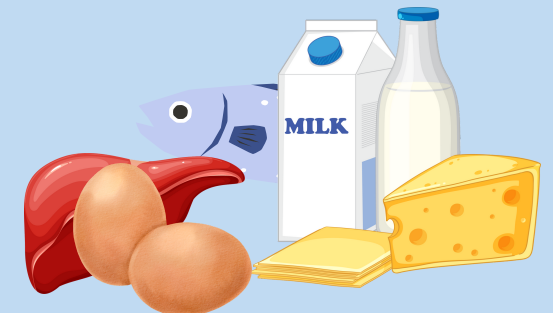
vitamin B6
pyridoxine



vitamin B7
biotin



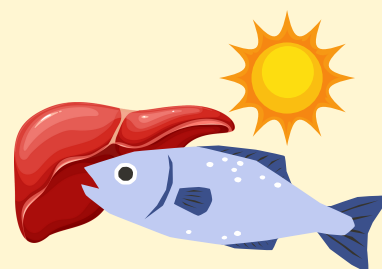
vitamin B9
folic acid



vitamin B12
cobalamin



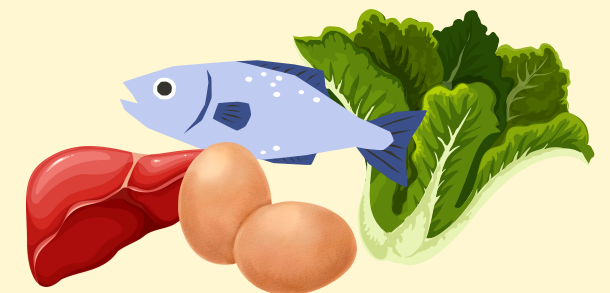
vitamin C
ascorbic acid



vitamin D
calciferol



vitamin E
tocopherol



vitamin K
phylloquinones,
menaquinones, menadiones