Vitamins

**Water Soluble (Dissolves in water)**

**B Vitamins:**

**Fat Soluble (dissolves in fat)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vitamin** | **Function** | **Source** | **Prevents** |
| Vitamin A |  |  |  |
| Thiamin |  |  |  |
| Riboflavin |  |  |  |
| Niacin |  |  |  |
| Folic Acid |  |  |  |
| Vitamin C |  |  |  |
| Vitamin D |  |  |  |
| Vitamin E |  |  |  |
| Vitamin K |  |  |  |