

# Vitamins & Minerals (Quick Study: Health)

NUTRIENTS	TYPE/DOSAGE	NATURAL SOURCES	BEST IF TAKEN WITH	DEFICIENCY SYMPTOMS	TOXICITY SYMPTOMS
<b>Vitamin A</b>	1500-5000 IU	Animal liver, fish liver, carrots, spinach, green leafy veg, sweet potatoes	None required	Blurred vision, dry eyes, skin irritation	Headache, bone pain, liver damage
<b>Vitamin B1</b>	1.1-1.5 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B2</b>	0.8-1.2 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B3</b>	10-20 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B5</b>	5-10 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B6</b>	1.3-1.7 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B7</b>	5-10 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin B9</b>	0.1-0.2 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin C</b>	75-90 mg	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea
<b>Vitamin E</b>	15-30 IU	Whole grains, legumes, meat, fish, eggs, dairy, nuts, seeds	None required	Weakness, fatigue, weight loss, numbness	Headache, dizziness, nausea

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## Reviews

*Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.*  
**(Watson Kohler)**

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