



# Green Health Pro

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## Essential Vitamins for Everyday Health

A practical wellness guide from Green Health Pro

This guide is educational and helps you understand what key vitamins do, where to find them in food, and easy habits to support healthy routines.

### Vitamin A

- **What it supports:** Supports vision, skin health, and immune function.
- **Food sources:** Sweet potatoes, carrots, spinach, eggs.
- **Simple habit tip:** Add one orange or dark leafy vegetable to lunch or dinner.

### Vitamin C

- **What it supports:** Supports immune health and collagen production; antioxidant support.
- **Food sources:** Citrus, bell peppers, strawberries, broccoli.
- **Simple habit tip:** Include one vitamin C-rich fruit daily.

### Vitamin D

- **What it supports:** Supports bone health, muscle function, and immune support.
- **Food sources:** Sunlight exposure, fatty fish, fortified dairy/plant milk.
- **Simple habit tip:** Aim for brief morning sun and discuss testing with your clinician.

### Vitamin E

- **What it supports:** Antioxidant support for cells and skin health.
- **Food sources:** Almonds, sunflower seeds, avocado, spinach.
- **Simple habit tip:** Use a handful of nuts/seeds as a snack.

### Vitamin K

- **What it supports:** Supports normal blood clotting and bone health.
- **Food sources:** Leafy greens, broccoli, Brussels sprouts.
- **Simple habit tip:** Add leafy greens to at least one meal each day.

### Vitamin B1 (Thiamin)

- **What it supports:** Helps convert food into energy and supports nerve function.
- **Food sources:** Whole grains, legumes, pork, nuts.
- **Simple habit tip:** Choose whole grains over refined grains most days.

### **Vitamin B2 (Riboflavin)**

- **What it supports:** Supports energy production and cellular function.
- **Food sources:** Eggs, dairy, lean meats, almonds, mushrooms.
- **Simple habit tip:** Include a protein-rich breakfast to support daily intake.

### **Vitamin B3 (Niacin)**

- **What it supports:** Supports metabolism, skin, and nervous system function.
- **Food sources:** Chicken, tuna, turkey, peanuts.
- **Simple habit tip:** Rotate lean proteins across the week.

### **Vitamin B6**

- **What it supports:** Supports brain health and normal metabolism.
- **Food sources:** Chickpeas, salmon, bananas, potatoes.
- **Simple habit tip:** Add beans/legumes 3–4 times per week.

### **Vitamin B9 (Folate)**

- **What it supports:** Supports cell growth and red blood cell formation.
- **Food sources:** Leafy greens, legumes, asparagus, fortified grains.
- **Simple habit tip:** Pair greens + beans in salads or bowls.

### **Vitamin B12**

- **What it supports:** Supports nerve health and red blood cell production.
- **Food sources:** Fish, meat, eggs, dairy, fortified foods.
- **Simple habit tip:** If mostly plant-based, discuss B12 strategy with a professional.

### **Choline (Bonus)**

- **What it supports:** Supports liver function, brain health, and cellular structure.
- **Food sources:** Eggs, salmon, soy foods, chicken.
- **Simple habit tip:** Add eggs or choline-rich alternatives regularly.

**Important note:** This content is for educational purposes only and is not medical advice. Individual needs vary. If you have health conditions, take medications, or are pregnant/nursing, consult a qualified healthcare professional.