

# Vitamins and Their Uses

## Vitamin

## Uses

A	Necessary for new cell growth; helps fight infection as it is essential for the proper functioning of most body organs and the immune system; essential for healthy skin, good blood, strong bones, teeth, kidneys, bladder, lungs, and membranes; helps maintain good eyesight.
Beta Carotene	Also known as pro-vitamin A and is found in plants; active as a vitamin A precursor; the body converts beta carotene into vitamin A; acts as a powerful antioxidant; since indeterminate amounts can be absorbed without symptoms of toxicity (unlike vitamin A), many prefer beta carotene over vitamin A supplementation.
Biotin	Essential for energy production from fats and carbohydrates; essential in the synthesis of hormones and cholesterol; lowers blood sugar levels in type II diabetics.
B (Complex)	B-complex is a combination of the B vitamins providing a dosage of each of the following B vitamins...
B <sub>1</sub> (Thiamine)	Necessary for converting sugar and starch into energy and the metabolism of proteins and fats; affects the functioning of gastrointestinal, cardiovascular and peripheral nervous systems; helps maintain muscles.
B <sub>2</sub> (Riboflavin)	Required for red blood cell formation, antibody production, cell respiration and growth; essential for normal protein and carbohydrate metabolism and for maintaining mucous membranes; promotes healthy hair, skin and nails; alleviates eye fatigue.
B <sub>3</sub> (Niacin, Niacinamide, Nictinic Acid)	Involved in the proper activity of the nervous system; needed for healthy skin, promotes healthy digestive system, effective in lowering LDL (bad cholesterol) and raising HDL (good cholesterol); may reduce high blood pressure and increase circulation; reduces severity of migraine headaches; is a possible tumor inhibitor.
B <sub>5</sub> (Pantothenic Acid)	Aids in normal growth and development; helps form certain hormones and anti-bodies; essential for the metabolism of fat and sugar to energy; needed to maintain a healthy digestive tract, skin, nerves and glands.
B <sub>6</sub> (Pyridoxine)	Involved in numerous body functions; essential for utilization of proteins, carbohydrates and fats; needed for the production of red blood cells, promotes the normal function of the brain and nervous system; assists in the synthesizing of anti-bodies in the immune system.
B <sub>12</sub> (Cyanocobalamin)	Key nutrient for growth; essential for development of red blood cells; important in maintaining the health of the nervous system and brain cells; needed for digestion, absorption of foods, protein synthesis, carbohydrate and fat metabolism.
C (Ascorbic Acid)	Important in the development and maintenance of healthy bones; enhances white blood cell function and activity; helpful in the treatment of asthma, other allergies, the common cold; prevention and treatment of cancer; vision care and cataract treatment; useful in the treatment of cardiovascular disease, diabetes, Parkinson's and gout.
D	Necessary for the proper absorption of calcium and the production of strong bones and teeth; helpful in the prevention and treatment of osteoporosis; topically helpful in the treatment of psoriasis; may reduce the risk of breast, ovarian, prostate and colon cancer.
E	Protects the body from damage caused by free radicals (including cancer); protects the lungs from air pollution; prevents tumor growth; protects skin, eye, liver and breast tissue; helps skeletal, cardiac and smooth muscles maintain their structural and functional properties; essential for cell membranes.
Folic Acid	Required for red blood cell production, growth and reproduction; needed for the synthesis of DNA, which controls heredity as well as tissue growth and cell function; reduces the risk of neural tube birth defects; may reduce the risk of cervical dysplasia; essential during pregnancy.