



Vitamin Glossary

Calcium is the chief supportive element in bones and teeth. Calcium salts make up about 70 percent of bone by weight and give your bone its strength and rigidity.

Copper is needed to absorb and utilize iron. Copper is needed to make adenosine triphosphate (ATP), the energy the body runs on. Synthesis of some hormones requires copper, as does collagen (the “glue” that holds muscle tissue together) and tyrosinase (the enzyme that puts pigment into the skin).

Folate is necessary for the formation and development of new and normal tissue. New tissue forms at a rapid pace during pregnancy, and the body’s need for folate nearly doubles.

Iron helps carry oxygen from the lungs to the muscles and other organs. About 30% of the body’s supply of iron is in storage, ready to be replaced if any is lost. When iron is low, this oxygen consumption slows down.

Magnesium has been found to help ward off the formation of blood clots, lower blood pressure, prevent complications related to diabetes, assist in maintaining bone strength, and contribute to greater life expectancy by reducing the risk of heart disease and by limiting the effects of free radical damage.

Manganese aids in the formation of connective tissue, bones, blood-clotting factors, and sex hormones and plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function.

Niacin is important for converting calories from protein, fat and carbohydrates into energy. But it also helps the digestive system function and promotes a normal appetite and healthy skin and nerves.

Phosphorus is required by the body for bone and teeth formation. Calcium alone can’t build strong bones and tissues. Calcium needs phosphorus to maximize its bone-strengthening benefits.

Potassium is a substance that maintains your body’s fluid levels, this mineral helps regulate blood pressure and heart function.

Riboflavin is needed for the body to convert food into a form that the body can use. It is also needed for the formation of hair, nails and skin. Riboflavin, used in conjunction with iron therapy improves anemia.

Selenium in the diet can reduce the risk of cancer, inflammatory diseases, cardiovascular disease, neurological diseases aging, and infections. Most of these effects are related to the function of selenium in the antioxidant enzyme systems.

Thiamin helps fuel your body by converting blood sugar into energy. It keeps your mucous membranes healthy and is essential for nervous system, cardiovascular and muscular function.





Vitamin A helps your eyes adjust to light changes and also helps keep your eyes, skin and mucous membranes moist. It also has antioxidant properties that neutralize free radicals in the body that cause tissue and cellular damage.

Vitamin B5 is essential in producing, transporting, and releasing energy from fats. Vitamin B5 is also important in maintaining a healthy digestive tract and it helps your body use other vitamins (particularly B2 [riboflavin]) more effectively.

Vitamin B6 helps brain function and helps the body convert protein to energy. Some research has shown that vitamin B6 works with folic acid and B12 to reduce levels of homocysteine (an amino acid) in the blood. Elevated homocysteine levels can increase a person's risk of heart attack.

Vitamin C helps to heal wounds, prevent cell damage, promote healthy gums and teeth and strengthen the immune system. It also helps the body absorb iron.

Vitamin E acts as an antioxidant by neutralizing free radicals in the body that cause tissue and cellular damage. Vitamin E also contributes to a healthy circulatory system and aids in proper blood clotting and improves wound healing.

Vitamin K is necessary for blood clotting. Vitamin K also plays an important role in kidney function and bone growth and repair and may help prevent osteoporosis.

Zinc helps maintain a healthy immune system, is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood and adolescence.

