



## Nutrient Chart

Vitamins	Functions
Beta-carotene	Plant form of vitamin A. Antioxidant. Protects skin.
Biotin	Needed for healthy skin, nails and hair. Helps fat metabolism.
Folic Acid	Helps red blood cell production and development of a healthy nervous system.
Vitamin A	Antioxidant. Keeps skin and vision healthy. Anti-cancer.
Vitamin B1	Aids metabolism growth and development. Maintains nerves and muscles.
Vitamin B2	Helps release energy from food. Maintains healthy nerves and skin.
Vitamin B3	Helps maintain optimum energy levels. Keeps the nervous system, digestive system and skin healthy.
Vitamin B5	Helps the body's response to stress. Aids antibody production and cell regeneration.
Vitamin B6	Promote a healthy nervous system, brain and mental state.
Vitamin B12	Maintains the health of the blood, bone marrow, brain and nervous system.
Vitamin C	Antioxidant. Aids iron absorption and wound-healing. Helps protect against cancer, heart disease, allergies, infection, colds, stress and even aging.
Vitamin E	Antioxidant. Good for blood cells, muscles, nervous system. Protects against heart disease and some cancers.
Vitamin K	Ensures normal blood clotting.

Minerals	Functions
Calcium	Builds healthy bones and teeth. Maintains heart, nerve, and muscle tissue.
Chromium	Helps balance blood-sugar levels, so aids energy and concentration.
Iodine	Helps control metabolism.
Iron	Enables oxygen transportation. Maintains energy. Supports nerves and liver function.
Magnesium	Maintains bones and teeth. Helps energy production.
Manganese	Helps keep nerves, brain and cells healthy. Aids fat metabolism.
Phosphorus	Aids energy production. Helps build bones and teeth.
Potassium	Keeps heart, muscles and nerves healthy. Boosts energy and strength.
Selenium	Antioxidant. Helps protect against heart disease and some cancers.
Sodium	Helps control water balance. Regulates nerve and muscle function.
Sulfur	Antioxidant. Helps liver function. Keeps skin healthy.
Zinc	Antioxidant. Maintains skin health. Maintains healthy reproductive organs.

### What is the difference between vitamins and minerals?

Although they are all considered micronutrients, vitamins and minerals differ in basic ways. Vitamins are organic and can be broken down by heat, air, or acid. Minerals are inorganic and hold on to their chemical structure.

### Are minerals better than vitamins?

Vitamins are much more delicate than minerals and can break down with heat or age, and they are organic; minerals are inorganic, making their chemical form more simple than that of vitamins. Whereas all vitamins are needed by the body, only some minerals are required for nutrition.

Source: SAVONA, N., *101 Fantastic Juices and Smoothies*. San Diego, CA: Thunder Bay Press.