








### Vitamins

Vitamin	B (NRG)	C	A (LEGS)	D (ROOT)	E (EARS)	K (Clots)
<b>Functions</b>	Nervous system Release of energy from food Growth *Folic acid prevents neural tube defects in newborns	Healing of wounds Healthy skin and gums Helps absorb iron  General health	Lining tissues Eyesight Growth Skin & hair 	Strong bones and teeth <b>*Amigo 1*</b> 	Antioxidant Red blood cells Skin	Clots the blood
<b>Deficiencies</b>	<b>Beri beri</b> Tiredness Poor growth Pellagra *Spina <b>b</b> ifida	Slow healing of wounds Scurvy Anaemia Poor health	Unhealthy lining tissues Night blindness Poor growth Unhealthy skin & hair	Rickets Osteoporosis Osteomalacia Tooth decay 	Certain cancers / heart disease Anaemia in newborn babies Unhealthy skin	Poor blood clotting (rare)
<b>Sources</b>	Meat Eggs Cheese Milk	Lemon Lims Oranges Tomatoes	Milk Eggs Margarine Oily fish	Milk Eggs Margarine Oily fish Sunshine	Margarine Eggs Nuts Seeds	Cereals Liver Oily fish Dark green veg

**Hypervitaminosis:** caused by overconsumption of vitamin A and/or D which damages the liver. Happens due to taking too many vitamin supplements.

### Minerals

Minerals	Calcium (ROOT)	Iron	Phosphorous (ROOT)	Fluorine	Sodium
<b>Functions</b>	Strong bones and teeth <b>*Amigo 2*</b>	Makes haemoglobin in the red blood cells – carries oxygen in the blood for energy	Strong bones and teeth <b>*Amigo 3*</b>	Healthy teeth 	Health balance of fluid in the body
<b>Deficiencies</b>	Rickets Osteoporosis Osteomalacia Tooth decay 	Anaemia Pale Tired Weak / no energy	Rickets Osteoporosis Osteomalacia Tooth decay 	Tooth decay	Muscle cramps  <b>RDA:</b> 6g of salt → too much salt leads to high blood pressure
<b>Sources</b>	Milk Cheese Yoghurt, Eggs	Red meat Liver, Brown bread, Green veg – spinach,	Meat Eggs Milk, Cheese	Drinking water Toothpaste Fish	Salt Bacon Stock cubes, Crisps