

# Vitamin Basics

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

Vitamin	Function	Sources	Prevents
A			
D			
E			
K			
C Ascorbic Acid			
B1 Thiamine			
B2 Riboflavin			
Niacin			
Folacin			
B6 Pyridoxine			
B12 Cobalamin			