

Name	Main occurrence	Effectiveness	Lack
Vitamin A (Retinol)	Cod liver oil, liver, butter, milk products, butter, egg, as preservative in carrots	Normal growth, function and production of skin, eyes and mucous membrane	Growth stop, night blindness
Deficiency	Impaired vision, headache, nose, mouth, dryness, skin change	For adults, light and night sensitivity	Adults: 1-5mg
Vitamin B1 (Thiamine)	Wheat germ, wholemeal cereals, pork, yeast, peas, beans, corned beef, brewer's rice	Important for the same reason, poor energy, insufficient pregnancy, muscular paralysis (Beriberi), production of energy affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disorders, weakness, depression, drying, cardiac insufficiency, paralysis, irritability in arms and legs
Deficiency	Weak, poorly pregnant and nursing women, alcohol consumption, intake of both potent pills, antibiotics, chemotherapy	Water-soluble. Thiamine gets destroyed by heat and long storage, but not by freezing. Daily intake of vitamin B1 is important, because the body can't store it, which comes out the food	Approx. 2mg (2-3) (ask doctor for packed nutrition some more)
Vitamin B2 (Riboflavin)	Milk products, wheat, wholemeal cereal, cheese, eggs, liver, muscle, green leafy vegetables, wheat powder	Important for body growth, metabolism of fats, proteins and carbohydrates, used for skin, eyes and nails, important energy transport	Lack of skin inflammation, beriberi, mouth, anemia, coffee addiction
Deficiency	Pregnant intake of both potent pills and antibiotics, chemotherapy, some women, old people	Water-soluble, found with Vitamin B1 should be stored and used	Approx. 2mg
Vitamin B12 (Cyanocobalamin)	Meat, poultry, green, fish, poultry, fish, liver meat	Building and degradation of fat, proteins and carbohydrates, good sleep	Weak and nervous inflammation, headache, burning, vertigo, sleep disturbance, depression
Deficiency	Lack of both, eating women	Water-soluble	1-3 mg



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