



VITAMINS

General Overview

Naturally occurring vitamins are organic food substances found in plant and animal food products. With few exceptions the body cannot synthesize vitamins. Vitamins must be supplied via foods consumed in your diet or with dietary supplements. Vitamins are essential to the normal functioning of our bodies. Vitamins cannot be assimilated without ingesting food. Vitamins help regulate body metabolism. They assist in converting fat and carbohydrates into energy. They assist in developing bone and tissue.



FAT SOLUABLE VITAMINS



WATER SOLUABLE VITAMINS

