|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Vitamin** | **Functions** | **RDA/AI** | **Food Sources** | **Deficiency/Toxicity** |
| A |  |  |  |  |
| D |  |  |  |  |
| E |  |  |  |  |
| K |  |  |  |  |
| C |  |  |  |  |
| B1  (Thiamin) |  |  |  |  |
| B2  (Riboflavin) |  |  |  |  |
| **Vitamin** | **Functions** | **RDA/AI** | **Food Sources** | **Deficiency/Toxicity** |
| B3  (Niacin) |  |  |  |  |
| B6  (pyridoxine) |  |  |  |  |
| B12  (cobalomin) |  |  |  |  |
| Folate |  |  |  |  |
| Pantothenic Acid |  |  |  |  |
| Biotin |  |  |  |  |