



Common Vitamins You May Be Missing

Even if you eat a balanced diet, it's not uncommon to have gaps in nutrition. Dietary supplements (on sale!) and fortified cereals can fill many of these voids, but you can also get a boost of natural vitamins from eating whole foods. When considering which vitamins and minerals you might be missing, be sure to contact your medical professional before adding specific supplements. Some supplements (such as iron and vitamin A) can be harmful if not properly dosed.

VITAMIN A	<p>Benefits: healthy skin, bones, vision, and immune function.</p> <p>Signs of deficiency: dry eyes or skin, night blindness, frequent upper respiratory infections, slow wound healing.</p> <p>Sources: meat, fish, poultry, dairy products and fruits and vegetables rich in beta carotene like carrots, winter squash, broccoli, sweet potatoes, dark leafy vegetables, mangoes, peaches.</p>
VITAMIN B6	<p>Benefits: sleep, appetite, well-being.</p> <p>Signs of deficiency: skin rashes, mood changes, weakened immune system, fatigue, nerve pain, cracked lips.</p> <p>Sources: meats, whole grains, nuts, chickpeas, potatoes, bananas and cantaloupe.</p>
VITAMIN B12	<p>Benefits: healthy blood cells and central nervous system; common among vegans and vegetarians.</p> <p>Signs of deficiency: fatigue, numbness in hands or feet, issues.</p> <p>Sources: meat, dairy products, shellfish, eggs.</p>
CALCIUM	<p>Benefits: entire body, particularly teeth, bones, the heart and nervous system.</p> <p>Signs of deficiency: soft bones and/or teeth, osteoporosis.</p> <p>Sources: dairy products, sardines and mackerel (with bones), dark leafy vegetables and greens (spinach, kale, broccoli).</p>
VITAMIN D	<p>Benefits: nearly every cell in the body.</p> <p>Signs of deficiency: weakened immune system, muscle weakness, soft bones/fractures, delayed growth.</p> <p>Sources: sunlight, dairy products, cod liver oil, fatty fish (such as salmon, tuna and sardines), eggs, mushrooms.</p>

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IODINE	<p>Benefits: optimal thyroid function, heart rate, metabolism.</p> <p>Signs of deficiency: enlarged thyroid gland, goiters, slower child development.</p> <p>Sources: fish, seaweed, eggs, iodine-enriched salt.</p>
IRON	<p>Benefits: healthy red blood cells and supplying cells with oxygen.</p> <p>Signs of deficiency: fatigue, weakened immune system, shortness of breath.</p> <p>Sources: animal foods (particularly beef), shellfish, sardines, nuts and seeds, dry beans and dark leafy greens.</p>
MAGNESIUM	<p>Benefits: bones, heart, sleep, digestion, blood sugar regulation, migraines and PMS relief.</p> <p>Signs of deficiency: fatigue, heart arrhythmia, headaches, muscle cramps.</p> <p>Sources: whole grains, dark chocolate, nuts, dark green leafy vegetables.</p>
POTASSIUM	<p>Benefits: aids cell, muscle and nervous system function.</p> <p>Signs of deficiency: irregular heart rhythm, fatigue, muscle cramps or weakness, numbness, low blood pressure, excessive thirst or urination.</p> <p>Sources: bananas, avocados, beans, dark leafy greens, fish and lean beef, milk, oranges, potatoes, tomatoes and nut butter</p>

SOURCES: Cleveland Clinic, Healthline, Harvard Health/Medical School.

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