



rich in this vitamin.

#### Vitamin A

This vitamin is notorious for helping maintain good vision, along with keeping teeth, skin and bones healthy. Foodstuff like eggs, fish, sweet potatoes, carrots, pumpkin/ squash and spinach are rich in vitamin A.

#### Vitamin B7

Whole grains, eggs, fish and soybeans are foodstuffs that're rich in this vitamin – which is known to help the body break down glucose. It is also known as biotin.

#### Vitamin B6

Vitamin B6 helps in the production of red blood cells. Studies also note that it has benefits related to healthy sleeping habits, appetites and moods. Also known as pyridoxine, foodstuffs like legumes, fish and chicken are rich in vitamin B6. .

#### Vitamin E

Like vitamin C, vitamin E acts like an antioxidant, which allows it to help stabilize cell membranes in the body. Whole grains, nuts and fruits like avocado are rich in this vitamin.

#### Vitamin C

Also known as ascorbic acid, vitamin C is notorious for helping boost the body's immune system by acting as an antioxidant. Citrus fruits and veggies like pepper, tomato, spinach and broccoli are rich in vitamin C.

#### Vitamin B2

Also known as riboflavin, vitamin B2 helps maintain healthy hair, skin and blood. Like vitamin B1, it also helps the body convert food into energy. Leafy veggies, dairy products and meat are rich in vitamin B2.

#### Vitamin K

Vitamin K helps the body regulate blood calcium levels and blood clotting (for healing). Leavy greens and broccoli are rich sources of vitamin K.