

MICRONUTRIENTS—VITAMINS

toxic if too much ←

Fat Soluble

- Vit A
- Vit D
- Vit E
- Vit K

Water Soluble

→ dissolves in your urine if too much

- Vit B
- Vit C

Benefit:

- Eyes to detect light
- Maintain cells
- Fight off infections
- to absorb calcium
- bone health
- Fight off infections
- Antioxidant
- Oxidation
- Repairs DNA
- Blood clotting
- Metabolism
- Maintains healthy cells
- Builds molecules
- Collagen teeth + bones

If deficient:

- Eyesight issues
- Difficult fighting infections
- Weak bones
- difficult fighting infections
- muscle weakness
- bleeding out

- low energy
- confusion
- immune system issues
- ~~Scurvy~~
- Scurvy (fatal)

How to get:

- Salmon
- goat cheese
- butter
- Eggs
- Cheeses

* SUNLIGHT!

- Salmon
- cod liver oil
- tuna
- Coos milk
- OS

* your body produces this through bacteria in large intestines!

- cereals
- juices
- broccoli
- olive oil
- almonds
- spinach
- Bananas
- cabbage
- tomatoes
- Kale
- hard cheeses

D&K

You can get these two without eating the foods

HZ CLASS