

Vitamins' official names

We usually refer to vitamins – essential chemicals the body cannot make on its own – by letters, but these are their actual names:

Vitamin A

Retinol,
retinaldehyde,
retinoic acid

Vitamin B₁

Thiamin

Vitamin B₂

Riboflavin

Vitamin B₆

Pyridoxine,
pyridoxal,
pyridoxamine

Vitamin B₁₂

Cobalamin

Vitamin C

Ascorbic acid

Vitamin D

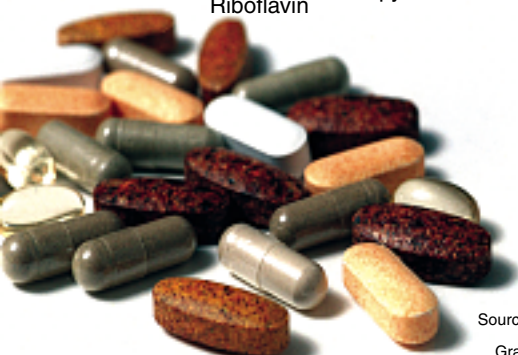
Calciferol

Vitamin E

Tocopherol,
tocotrienol

Vitamin K

Phylloquinone



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Source: Harvard School of Public Health, MCT Photo Service
Graphic: Helen Lee McComas, Angela Smith

Many have nutrient hunger

Many people eat wholesome food, exercise regularly – and still have serious nutrient deficiencies; these are the most common:

Daily requirement

Percent who are deficient

What they could add to their diets

Vitamin A

Women 700 mcg,
Men 900 mcg



Dark-colored,
cooked vegetables,
sweet potato



Vitamin C

Women 75 mg,
Men 90 mg



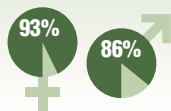
Dark-colored,
cooked vegetables,
sweet potato



Citrus,
juices,
vegetables

Vitamin E

22 IU* of natural,
33 IU of synthetic
*International units

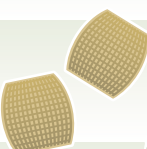
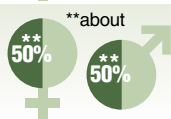


Fortified
cereal, nuts,
sunflower oil



Fiber

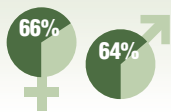
Women 22-28 g,
Men 28-34 g



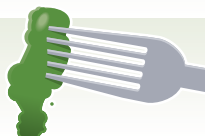
High-fiber
cereal, beans
or lentils

Magnesium

Women 315 mg,
Men 410 mg



Bran,
cooked
spinach



Potassium

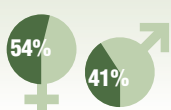
Women and
men, 4,700 mg



Sweet and
white potatoes,
white beans

Calcium

Up to age 50,
1,000 mg; age
51+, 1,200 mg



Milk,
dairy foods,
spinach



Source: 2005 survey of American adults by Prevention magazine
Graphic: Helen Lee McComas, Paul Trap

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