

Vitamin Work Sheet

Vitamin	Functions	Side Effects(with overdoses)	Natural Sources
Beta Carotene/A			
Thiamine/B1			
Riboflavin/B2			
Niacin/ B3			
Pantothenic Acid/ B5			
B6			
Folic acid/B9			
Cyanocobalamin/B12			
C			

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D			
E			
Biotin/H			
K			