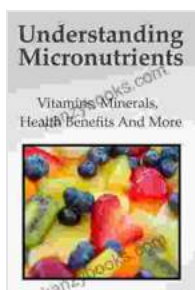


The Complete Guide to Vitamins, Minerals, and Their Health Benefits

Vitamins and minerals are essential nutrients that our bodies need to function properly. They play a vital role in everything from energy production to immune function to bone health. Without adequate amounts of these nutrients, we can experience a wide range of health problems.



Understanding Micronutrients : A Complete Guide About Vitamins, Minerals, Health Benefits And More

by Stephane Letourneau

★★★★☆ 4.1 out of 5

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This comprehensive guide will provide you with everything you need to know about vitamins and minerals, including their health benefits, recommended daily intakes, and food sources. With this information, you can make informed choices about your diet and ensure that you're getting the nutrients you need for optimal health.

Types of Vitamins and Minerals

There are two main types of nutrients: vitamins and minerals. Vitamins are organic compounds that cannot be produced by the body and must be obtained from food. Minerals, on the other hand, are inorganic elements that can be found in both food and water.

Vitamins are classified into two groups: water-soluble and fat-soluble. Water-soluble vitamins (vitamin C and the B vitamins) dissolve in water and are easily absorbed by the body. They are not stored in the body for long periods of time, so it is important to consume them regularly.

Fat-soluble vitamins (vitamins A, D, E, and K) dissolve in fat and are absorbed along with dietary fat. They are stored in the body for longer periods of time, so it is not necessary to consume them as frequently as water-soluble vitamins.

Minerals are classified into two groups: macrominerals and microminerals. Macrominerals are needed in larger amounts by the body than microminerals. The macrominerals include calcium, phosphorus, magnesium, sodium, potassium, and chloride.

Microminerals, also known as trace minerals, are needed in smaller amounts by the body than macrominerals. The microminerals include iron, zinc, iodine, selenium, and fluoride.

Health Benefits of Vitamins and Minerals

Vitamins and minerals play a vital role in a wide range of bodily functions, including:

- Energy production

- Immune function
- Bone health
- Muscle function
- Skin health
- Eye health
- Brain function

Getting enough of all the essential vitamins and minerals is essential for overall health and well-being. Deficiencies in any of these nutrients can lead to a variety of health problems.

Recommended Daily Intakes of Vitamins and Minerals

The recommended daily intakes (RDIs) for vitamins and minerals vary depending on age, sex, and other factors. The following table provides the RDIs for vitamins and minerals for adults aged 19 to 50:

Nutrient	RDI
Vitamin A	900 mcg (men),700 mcg (women)
Vitamin C	90 mg (men),75 mg (women)
Vitamin D	600 IU (15 mcg)
Vitamin E	15 mg (men),11 mg (women)
Vitamin K	120 mcg (men),90 mcg (women)

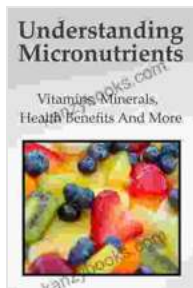
Thiamin (vitamin B1)	1.2 mg (men),1.1 mg (women)
Riboflavin (vitamin B2)	1.3 mg (men),1.1 mg (women)
Niacin (vitamin B3)	16 mg (men),14 mg (women)
Vitamin B6	1.7 mg (men),1.5 mg (women)
Folate (vitamin B9)	400 mcg (men),400 mcg (women)
Vitamin B12	2.4 mcg (men),2.4 mcg (women)
Biotin	30 mcg (men),30 mcg (women)
Pantothenic acid (vitamin B5)	5 mg (men),5 mg (women)
Calcium	1,000 mg (men),1,000 mg (women)
Phosphorus	700 mg (men),700 mg (women)
Magnesium	400 mg (men),310 mg (women)
Sodium	2,300 mg (men),2,300 mg (women)
Potassium	4,700 mg (men),4,700 mg (women)
Chloride	3,400 mg (men),3,400 mg (women)
Iron	8 mg (men),18 mg (women)
Zinc	11 mg (men),8 mg (women)
Iodine	150 mcg (men),150 mcg (women)

Selenium

55 mcg (men),55 mcg (women)

Fluoride

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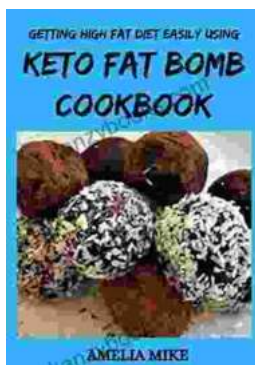


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