



VITAMINS
AND MINERALS
CHEATSHEET

Your go to Resource for
Vitamins & Minerals

www.strengthinself.com



Introduction to **Vitamins & Minerals**

WHAT ARE VITAMINS & MINERALS?

Vitamins and minerals are essential nutrients that our bodies need to function properly. They are responsible for a wide range of functions, including supporting growth and development, maintaining healthy skin and tissues, and supporting the immune system. While vitamins and minerals can be obtained from the foods we eat, it is important to have a balanced and varied diet to ensure that we are getting enough of these nutrients.





Vitamins

TYPES OF VITAMINS

There are two main types of vitamins: water-soluble and fat-soluble. Water-soluble vitamins, such as vitamin C and the B-complex vitamins, dissolve in water and are not stored in the body. As a result, they must be consumed regularly to maintain adequate levels. Fat-soluble vitamins, such as vitamins A, D, E, and K, are stored in the body's fat tissue and liver. While they do not need to be consumed as frequently, it is important to be aware of the upper limits for these vitamins as they can be toxic in high amounts.

Many vitamins, such as vitamins A, D, and E, are essential for supporting normal growth and development, particularly in children and adolescents.

Vitamins C and E are important for maintaining healthy skin and tissues, and may help to protect against environmental damage and the visible signs of aging.

Some research suggests that a diet rich in vitamins may help to reduce the risk of certain chronic diseases, such as heart disease and certain types of cancer.

MINERALS

per 100g

K - 181

Ca - 40

P - 14

Mg - 10

Fe - 0.1

Zn -

Cu -

Mn -

75g

Minerals

TYPES OF MINERALS

Minerals are classified as either macro minerals or trace minerals based on the amount that the body needs. Macro minerals, such as calcium and phosphorus, are required in larger amounts and play important roles in maintaining strong bones and teeth, as well as supporting muscle function and regulating blood pressure. Trace minerals, such as iron and zinc, are needed in smaller amounts but are still essential for various bodily functions.

Calcium and phosphorus are essential for maintaining strong bones and teeth, and are particularly important during growth and development.

Minerals such as sodium, potassium, and magnesium play important roles in regulating body functions, including muscle contractions, nerve function, and blood pressure.

Zinc and selenium are important for supporting the immune system and helping to protect against illness and infection.



Vitamin & Mineral Balance

Maintaining a balance of vitamins and minerals is important for overall health and well-being. A deficiency in one or more nutrients can lead to a range of health problems, while an excess of certain vitamins and minerals can also be harmful. It is important to consume a varied diet that includes a variety of fruits, vegetables, and other sources of nutrients to ensure that we are getting the right balance of vitamins and minerals.

Maintaining a balance of vitamins and minerals is important for overall health and well-being.

Deficiencies or excesses in certain nutrients have been proven to lead to health problems.

A varied diet including a range of fruits, vegetables, and other sources of nutrients is important for achieving the right balance of vitamins and minerals.

Foods rich in

Vitamins & Minerals

Food	Nutrients
Citrus Fruits	Vitamin C
Avocados	Vitamin E, healthy fats
Olives	Vitamin E, healthy fats
Berries	Vitamin C, antioxidants
Mangoes	Vitamin C, vitamin A
Papayas	Vitamin C, vitamin A
Kiwis	Vitamin C, vitamin K
Leafy greens	Vitamin A, vitamin K
Sweet potatoes	Beta-carotene (precursor to vitamin A)
Carrots	Beta-carotene (precursor to vitamin A)
Bell peppers	Vitamin C
Tomatoes	Vitamin C, vitamin A
Onions	Vitamin C, potassium
Whole grains	B-complex vitamins, fiber
Nuts and seeds	Healthy fats, protein, vitamins and minerals
Legumes	Protein, fiber, minerals
Meat, fish, poultry	Protein, minerals
Dairy products	Calcium, protein, B-complex vitamins

Signs of Vitamin and Mineral Deficiencies



Fatigue and weakness

A deficiency in certain nutrients, such as iron or vitamin B12, can cause fatigue and weakness.

Irritability

A deficiency in certain nutrients, such as vitamin B6 or magnesium, can cause irritability and mood changes.

Changes in skin, hair, & nails

A deficiency in nutrients such as protein, zinc, or biotin can cause changes in the appearance of skin, hair, and nails, including dryness, thinning, and brittleness.

Other symptoms...

Depending on the specific nutrient involved, a deficiency may also cause other symptoms, such as difficulty breathing (in the case of iron deficiency), numbness and tingling (in the case of vitamin B12 deficiency), or muscle cramps (in the case of calcium deficiency).

A close-up portrait of a woman with long, wavy blonde hair, wearing glasses and smiling. She is wearing a white top. The background is a solid light orange color.

Knowing Where you get your supplements is Key

At strength in Self we strive to provide our patients and our clients with the best supplements around and we source from different companies around the world!

Not only are we a Health Coaching Business, but we also sell over 800 different brands of supplements that are there to help you succeed in your Health Journey!

We are also here to answer any questions you may have about the supplements you are currently taking or about supplements you are interested in taking!

We are here to help!

Coach Laura K.

Don't know which way to go with your supplements or what questions to ask your dr or pharmacist? We can Help

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Want to know more about what we can do for you and your supplement use, Contact us now to see what we can do for you!