Vitamins & Sources

Vitamin Name	Purpose	Sources	RDA
Vitamin A/Retinol	Immune system support Supports vision in dim light Maintains the health of skin and membranes	Yellow, red and green leafy vegetables, such as spinach, carrots, sweet potatoes and red peppers Yellow fruit, such as mango, papaya and apricots	700 µg a day for men 600 µg a day for women
Vitamin B1/Thiamin	Enables energy release from food Maintains a healthy nervous system	Peas, some fresh fruits (such as bananas and oranges), nuts, wholegrain breads and some fortified breakfast cereals	1mg a day for men 0.8mg a day for women
Vitamin B2/Riboflavin	Maintains healthy skin, hair and a nervous system Enables energy release from food	Fortified breakfast cereals, mushrooms, soya beans, almonds and spinach	1.3mg a day for men 1.1mg a day for women
Vitamin B3/Niacin	Maintains healthy skin, hair and a nervous system Enables energy release from food	Mushroom, peanut butter, oats, peas, sweet potatoes and sweetcorn	16.5mg a day for men 13.2mg a day for women
Vitamin B5/Pantothenic acid	Helps enzymes to build and break down fatty acids and perform other metabolic functions	Mushrooms, avocados, green leafy vegetables, whole grains, legumes, fortified cereals, and nuts	No set recommendation
Vitamin B6/Pyridoxine	Enables energy release from food Helps in forming haemoglobin for red blood cells Reduces inflammation in the body Maintains normal brain and nervous system, and more	Oats, bananas, soya beans and tofu, peanuts, whole grains and fortified cereals	1.4mg a day for men 1.2mg a day for women

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Vitamin B7/Biotin	Helps to make fatty acids	Made by gut bacteria	No set recommendation
Vitamin B9/Folate & Folic Acid	Used in the formation of red blood cells Reduces the risk of neural tube birth defects, such as spina bifida, in unborn babies	Broccoli, brussels sprouts, leafy green vegetables, such as cabbage, kale, spring greens and spinach, peas chickpeas and kidney beans, fortified breakfast cereals	200 micrograms of folate 400 microgram folic acid supplement if pregnant
Vitamin B12	Used to make red blood cells, maintains nervous system health, and energy release from food Enables folate use	Fortified foods, such as breakfast cereals, meat substitutes and nutritional yeast Supplements are recommended for vegans	1.5 micrograms
Vitamin C/Ascorbic acid	Maintaining healthy skin, blood vessels, bones and cartilage and promotes wound healing	Citrus fruit, peppers, strawberries, blackcurrants, broccoli, brussels sprouts and potatoes	40mg
Vitamin D	Maintains bone, skin and teeth health	Sun exposure (vitamin D can be made in our skin) Fortified foods (ensure that the source is vegan, as vitamin D may be made from lanolin that comes from sheep	15–20 micrograms (600–800 IU)
Vitamin E	Maintains skin and eye health, and strengthens the immune system	Plant oils – such as rapeseed, sunflower, soya, corn and olive oil, nuts and seeds and wheatgerm – found in cereals and cereal products	4mg a day for men 3mg a day for women
Vitamin K	Keeps bones healthy	Green leafy vegetables, vegetable oils and cereal grains	Approximately 1 microgram a day of vitamin K for each kilogram of their body weight