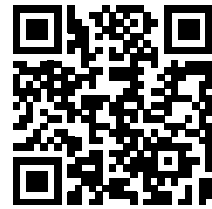


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# The Power of Vitamins



Vitamins are essential \_\_\_\_\_ that your body needs to function properly. They play key roles in maintaining \_\_\_\_\_, supporting the immune system, and promoting \_\_\_\_\_. Each vitamin has a specific role. For example, vitamin C aids in the repair of \_\_\_\_\_ and the enzymatic production of certain neurotransmitters. Vitamin D, on the other hand, is crucial for \_\_\_\_\_ health and calcium absorption. Unlike fat-soluble vitamins like \_\_\_\_\_ A, D, E, and K, which can be stored in the body, water-soluble vitamins such as \_\_\_\_\_ C and all the B vitamins must be consumed regularly as they are not stored in large amounts. A balanced \_\_\_\_\_ is the best way to get these nutrients, although supplements can help when dietary sources are insufficient. Foods like \_\_\_\_\_, vegetables, and whole grains are rich in vitamins and should be included in daily meals. It's important to note that excessive \_\_\_\_\_ of certain vitamins, particularly the fat-soluble ones, can lead to \_\_\_\_\_. Therefore, moderation and following recommended dietary \_\_\_\_\_ are key to avoiding adverse effects. Children and \_\_\_\_\_ need different amounts of vitamins, depending on their age, sex, and health status. Pregnant women, for instance, require more \_\_\_\_\_ acid to prevent birth defects. Lastly, while vitamins are vital, they must be balanced with other nutrients such as \_\_\_\_\_, proteins, and carbohydrates for overall health.

tissue adults vitamin fruits guidelines minerals bone growth  
vitamins folic nutrients toxicity diet health intake