Name:
School:
Facilitator:

# 2.06 Vitamin Chart

Complete the chart below.

| **Vitamin** | **Other names** | **Fat- or water-soluble?** | **Functions** | **Main Source** | **Results of deficiency** |
| --- | --- | --- | --- | --- | --- |
| **B-12** |  |  |  |   |  |
| **A** |  |  |  |  |  |
| **D** |  |  |  |  |  |
| **E** |  |  |  |  |  |
| **K** |  |  |  |  |  |
| **Thiamine** |  |  |  |  |  |
| **Riboflavin** |  |  |  |  |  |
| **C** |  |  |  |  |  |
| **Biotin** |  |  |  |  |  |
| **Folate** |  |  |  |  |  |