



# ALL THE ESSENTIALS

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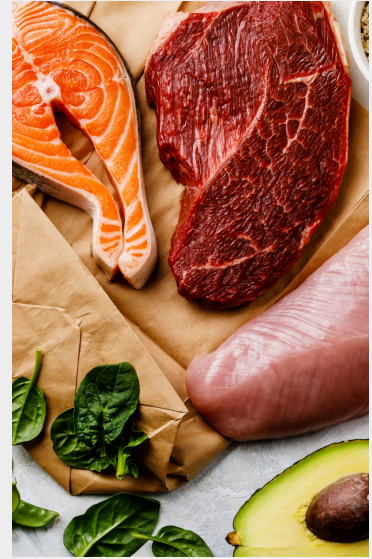


# WHY DO I NEED THESE?

## Essential Vitamins and Minerals

Essential vitamins and minerals are critical in various bodily functions and overall health. They are not synthesized by our bodies, so we need to obtain them through our environment to ensure proper health and function.

Adequate intake of vitamins and minerals is essential for normal growth and development, disease prevention, energy production and utilization.



## Different Types of Vitamins and Minerals

Essential vitamins are divided into two categories: Water-soluble and Fat-soluble. Water soluble vitamins will be naturally excreted by the body if you intake too much. However, fat-soluble vitamins can build up in your system and potentially become toxic in large amounts.

Essential minerals are divided into two categories: Macrominerals and Trace minerals. Macrominerals are needed in larger amounts, while trace minerals are needed in much smaller amounts.

This guide will help you understand what these vitamins and minerals do, and where to source them.



# WATER-SOLUBLE VITAMINS

## Vitamin B1 (Thiamine)

**Function:** Energy metabolism, nerve function.

**Sources:** Whole grains, pork, legumes, nuts, and seeds.

## Vitamin B2 (Riboflavin)

**Function:** Energy production, cellular function, and growth.

**Sources:** Dairy products, eggs, lean meats, green leafy vegetables, and fortified cereals.

## Vitamin B3 (Niacin)

**Function:** Energy production, skin health, digestive health.

**Sources:** Poultry, fish, whole grains, and legumes.





# WATER-SOLUBLE VITAMINS

## Vitamin B5 (Pantothenic Acid)

**Function:** Energy metabolism, hormone production.

**Sources:** Chicken, beef, potatoes, oats, and tomatoes.

## Vitamin B6 (Pyridoxine)

**Function:** Protein metabolism, cognitive development, neurotransmitter synthesis.

**Sources:** Poultry, fish, bananas, potatoes, and fortified cereals.

## Vitamin B7 (Biotin)

**Function:** Carbohydrate, fat, and protein metabolism.

**Sources:** Eggs, almonds, spinach, and sweet potatoes.





# WATER-SOLUBLE VITAMINS

## Vitamin B9 (Folate)

Function: DNA synthesis, cell division, red blood cell formation.

Sources: Leafy greens, legumes, nuts, and fortified cereals.

## Vitamin B12 (Cobalamin)

Function: Red blood cell formation, nerve function, DNA synthesis.

Sources: Meat, dairy products, eggs, and fortified plant-based milks.

## Vitamin C

Function: Antioxidant, immune function, collagen synthesis.

Sources: Citrus fruits, strawberries, bell peppers, and broccoli.





# FAT-SOLUBLE VITAMINS

## Vitamin A

Function: Vision, immune function, skin health.

Sources: Liver, carrots, sweet potatoes, spinach, kale, and cantaloupe.

## Vitamin D

Function: Bone health, immune function, calcium absorption.

Sources: Fatty fish, fortified dairy products, and exposure to sunlight.

## Vitamin E

Function: Antioxidant, immune function.

Sources: Nuts, seeds, vegetable oils, and green leafy vegetables.

## Vitamin K

Function: Blood clotting, bone health.

Sources: Green leafy vegetables, broccoli, and





# MINERALS

## Calcium

Function: Bone and teeth health, muscle function, nerve signaling.

Sources: Dairy products, leafy greens, fortified plant milks, and tofu.

## Iron

Function: Oxygen transport in the blood, energy production.

Sources: Red meat, poultry, fish, legumes, and fortified cereals.

## Magnesium

Function: Muscle and nerve function, energy production, bone health.

Sources: Nuts, seeds, whole grains, and leafy green vegetables.





# MINERALS

## Potassium

Function: Fluid balance, muscle and nerve function, blood pressure regulation.

Sources: Bananas, oranges, potatoes, and spinach.

## Sodium

Function: Fluid balance, nerve and muscle function.

Sources: Table salt, processed foods, and canned soups.

## Zinc

Function: Immune function, cell division, wound healing.

Sources: Meat, shellfish, legumes, and seeds.

## Copper

Function: Iron metabolism, connective tissue formation, antioxidant defense.

Sources: Shellfish, nuts, seeds, and whole grains.





# MINERALS

## Phosphorus

Function: Bone and teeth health, energy production.

Sources: Meat, dairy products, nuts, and seeds.

## Manganese

Function: Bone formation, metabolism, antioxidant defense.

Sources: Whole grains, nuts, and leafy green vegetables.

## Selenium

Function: Antioxidant defense, thyroid function.

Sources: Brazil nuts, seafood, and meats.

## Iodine

Function: Thyroid hormone production, metabolism regulation.

Sources: Iodized salt, seafood, and dairy products.



# WANT TO LEARN MORE?

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- Insulin Resistance
- Type 2 Diabetes
- PCOS
- Nutrition for your metabolism
- Exercise for your body type
- Osteoporosis
- Thyroid Disease
- Hashimoto's and the Immune System
- Men's Health and Hormones

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