

The Water-Soluble Vitamins:

The B vitamins & Vitamin C

Vitamins are needed by our bodies in small amounts but they have specific functions which no other substance can perform to maintain normal growth, development and regulation of processes. They are essential for life. Each of them has a unique set of symptoms when they are deficient. Vitamins are one of the six groups of essential nutrients: carbohydrate, protein, fat, vitamins, minerals, and water.

There are two kinds of vitamins: fat-soluble and water-soluble. The water-soluble vitamins include the B vitamins and vitamin C. The nature of being water-soluble means that these vitamins are transported in the water based systems of the body, i.e. blood. They are not stored, and in fact we excrete excess amounts not used by the body. This means that we need to eat adequate amounts of each of the water-soluble vitamins each day.

	Functions & Characteristics	Sources
<u>Vitamin B1:</u> <u>Thiamin</u>	•	Grains, pork
<u>Vitamin B2:</u> <u>Riboflavin</u>	•	Dairy products
<u>Niacin</u>	•	
<u>Folate</u>	•	Fresh foods
<u>B6</u>	•	
<u>B12</u>	•	
<u>Pantothenic Acid</u>	•	

<u>Vitamin C: Ascorbic</u> <u>Acid</u>	Characteristics	Sources
	•	Citrus Fruits, peppers, berries
<u>Functions of</u> <u>Vitamin C</u>	•	



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