

Water-Soluble Vitamins

Vitamin (Generic)	RDA	Activity in health	Food sources	Deficiency Symptoms	Excess or overdose
Vit. B-5 (Pantothenic Acid)	10mg	Formation of RBCs, cell metabolism, hormone production	Meat, whole grains, nuts, a wide variety of foods	Rare. Anemia	None known
Vit. H (Biotin)	0.3 mg	Aids in the use of protein, folic acid, Vit. B-5 and B-12, assists with fatty acid production	Egg yolk, liver, brewer's yeast, peanuts, cauliflower, mushrooms	Rare, it is synthesized by bacteria in the GI tract, but can be caused by eating raw eggs over a long time. Symptoms can include scaly dermatitis, grayish pallor, lethargy, anorexia, muscle pains, insomnia	None known
Vit. C (Ascorbic acid)	60 mg	Needed for the formation of collagen, so helps with wound healing, supports blood vessels, maintains health of teeth and bones	All citrus fruits, strawberries, pineapple, cabbage, green peppers, cantaloupe, broccoli, Brussel sprouts, tomatoes	Scurvy: malaise, fatigue, pain in joints, bleeding gums, wounds that will not heal, petechiae, bruising	GI upset, headache, fatigue, skin flushing, kidney stones, thrombosis