

Vitamin	Body parts affected	Food Sources
A		
B1 (Thiamine)		
B2 (Riboflavin)		
B3 (Niacin)		
B5 (Pantothenic Acid)		
B6 (Pyridoxine)		
B7 (Biotin)		
B9 (Folic Acid)		
C		
D		
E		
K		