



	Benefits of:	Deficiency:
Vitamin A	<ul style="list-style-type: none"> <li>-Stimulates immunity</li> <li>-Helps vision</li> <li>-Promotes bone growth, and tooth development</li> <li>-Helps maintain healthy skin, hair, and mucous membranes</li> </ul>	<ul style="list-style-type: none"> <li>-Can cause night blindness, dry skin, poor bone growth, and weak tooth enamel</li> </ul>
Vitamin B1 (Thiamine)	<ul style="list-style-type: none"> <li>-It helps the body cells convert carbohydrates into energy</li> <li>-Essential for the functioning of the heart, muscles, and nervous system</li> </ul>	<ul style="list-style-type: none"> <li>-Not getting enough thiamine can leave one fatigued and weak.</li> </ul>
Vitamin B2 (Riboflavin)	<ul style="list-style-type: none"> <li>-Important for body growth, reproduction and red cell production</li> <li>-It also helps in releasing energy from carbohydrates.</li> </ul>	<ul style="list-style-type: none"> <li>-Painful cracks in the corners of the mouth and on the lips, scaly patches on the head, and a magenta mouth and tongue.</li> </ul>
Niacin	<ul style="list-style-type: none"> <li>-Assists in the functioning of the digestive system, skin, and nerves.</li> <li>-It is also important for the conversion of food to energy.</li> </ul>	<ul style="list-style-type: none"> <li>-Niacin deficiency can cause a condition called pellagra, which causes skin irritation, diarrhea, and dementia.</li> <li>-Pellagra has been virtually eliminated in western culture.</li> </ul>
Folate	<ul style="list-style-type: none"> <li>-Your body needs folate to produce red blood cells, as well as components of the nervous system.</li> <li>-It helps in the formation and creation of DNA and maintaining normal brain function, and is a critical part of spinal fluid.</li> </ul>	<ul style="list-style-type: none"> <li>-Fatigue</li> <li>-Gray hair</li> <li>-Mouth sores (ulcers)</li> <li>-Poor growth</li> <li>-Swollen tongue</li> </ul>
Vitamin B6	<ul style="list-style-type: none"> <li>-Plays a role in the creation of antibodies in the immune system.</li> <li>-It helps maintain normal nerve function and acts in the formation of red blood cells.</li> <li>-It is also required for the chemical reactions of proteins.</li> </ul>	<ul style="list-style-type: none"> <li>-Too little B6 in the diet can cause dizziness, nausea, confusion, irritability and convulsions.</li> </ul>
Vitamin C	<ul style="list-style-type: none"> <li>-It plays a significant role as an antioxidant</li> <li>-Antioxidants act to protect your cells against the effects of free radicals</li> <li>-Free radicals can cause cell damage that may contribute to the development of cardiovascular disease and cancer.</li> </ul>	<ul style="list-style-type: none"> <li>-Scurvy is a disease that occurs when you have a severe lack of vitamin C in your diet.</li> <li>-Scurvy causes general weakness, anemia, gum disease, and skin hemorrhages.</li> </ul>
Vitamin E	<ul style="list-style-type: none"> <li>-Plays a significant role as an antioxidant</li> <li>-It is important in the formation of red blood cells and the use of vitamin K.</li> <li>-Many women also use it to help minimize the appearance of wrinkles, and mothers use it to help heal minor wounds without scarring, as it is valued for its ability to soothe and heal broken or stressed skin tissue.</li> </ul>	<ul style="list-style-type: none"> <li>-Vitamin E deficiency is extremely rare</li> <li>-It includes muscle weakness, vision problems, immune system changes, numbness, trouble walking, tremor, and a poor sense of balance.</li> <li>-Over a long time, vitamin E deficiency may progress to blindness, heart disease, permanent nerve damage, and impaired thinking.</li> </ul>
Vitamin K	<ul style="list-style-type: none"> <li>-Is fat-soluble and plays a critical role in blood clotting.</li> <li>It regulates blood calcium levels and activates at least 3 proteins involved in bone health.</li> </ul>	<ul style="list-style-type: none"> <li>-Abnormal or excessive bleeding, such as frequent nosebleeds, abnormally bleeding gums, heavy menstruation, or blood in the urine or stool</li> </ul>

SOURCE: Medline Plus (Benefits and Deficiencies). <http://www.health-alternatives.com/fruit-nutrition-chart.html> (Nutrient Chart).