

Nutrients

Water, carbohydrates, fats, protein, vitamins and minerals

Water	Carbohydrates – Simple
Carbohydrates – Complex	Fats
Protein	Vitamin A
Vitamin D	Vitamin E
Vitamin K	Thiamin (Vitamin B1)

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Riboflavin (Vitamin B2)	Niacin (Vitamin B3)
Pyridoxine (Vitamin B6)	Folate, folic acid, folacin
Cyanocobalamin (Vitamin b12)	Pantothenic acid
Biotin	Vitamin C (ascorbic acid)
Calcium	Sodium, Chloride, Potassium

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Magnesium	Phosphorus
Zinc	Fluoride
Iron	Iodine
Copper	Manganese
Selenium	Chromium

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