|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Vitamin Name** | **Main Function** | **Deficiency Symptom** | **Toxicity Symptom** | **Food Sources** | **Unique Fact** |
| Vitamin A |  |  |  |  |  |
| Vitamin D |  |  |  |  |  |
| Vitamin E |  |  |  |  |  |
| Vitamin K |  |  |  |  |  |
| **Vitamin Name** | **Main Function** | **Deficiency Symptom** | **Toxicity Symptom** | **Food Sources** | **Unique Fact** |
| Vitamin C |  |  |  |  |  |
| Thiamin |  |  |  |  |  |
| Riboflavin |  |  |  |  |  |
| Niacin |  |  |  |  |  |
| Folic Acid |  |  |  |  |  |
| Vitamin B12 |  |  |  |  |  |
| Vitamin B6 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mineral Name** | **Main Function** | **Deficiency Symptom** | **Toxicity Symptom** | **Food Sources** | **Unique Fact** |
| Calcium |  |  |  |  |  |
| Magnesium |  |  |  |  |  |
| Potassium |  |  |  |  |  |
| Sodium |  |  |  |  |  |
| **Mineral Name** | **Main Function** | **Deficiency Symptom** | **Toxicity Symptom** | **Food Sources** | **Unique Fact** |
| Iron |  |  |  |  |  |
| Zinc |  |  |  |  |  |
| Iodine |  |  |  |  |  |
| Chromium |  |  |  |  |  |
| Flouride |  |  |  |  |  |