



What is a vitamin? What is a mineral? Why does your body need them? How do they affect your body? How much do we need of each kind? Where can we get the ones we need? The definitions below come from Dictionary.com:

vitamin [vahy-tuh-min; British also vit-uh-min] [SHOW IPA](#)

[SEE SYNONYMS FOR vitamin ON THESAURUS.COM](#)

noun

- 1 any of a group of organic substances essential in small quantities to normal metabolism, found in minute amounts in natural foodstuffs or sometimes produced synthetically: deficiencies of vitamins produce specific disorders.

mineral [min-er-uh l, min-ruh l] [SHOW IPA](#)

[SEE SYNONYMS FOR mineral ON THESAURUS.COM](#)

noun

- 1 any of a class of substances occurring in nature, usually comprising inorganic substances, as quartz or feldspar, of definite chemical composition and usually of definite crystal structure, but sometimes also including rocks formed by these substances as well as certain natural products of organic origin, as asphalt or coal.
- 2 a substance obtained by mining, as ore.
- 3 (loosely) any substance that is neither animal nor vegetable.
- 4 **minerals**, *British*. [mineral water](#).

metabolism [muh-tab-uh-liz-uh m] [SHOW IPA](#)

[SEE SYNONYMS FOR metabolism ON THESAURUS.COM](#)

noun

- 1 *Biology, Physiology*. the sum of the physical and chemical processes in an organism by which its material substance is produced, maintained, and destroyed, and by which energy is made available.: Compare [anabolism](#), [catabolism](#).
- 2 any basic process of organic functioning or operating: *changes in the country's economic metabolism*.

According to Harvard Health Publishing on 2/5/20, this is a list of **the vitamins and minerals we need every day**: (Source: https://www.health.harvard.edu/staying-healthy/listing_of_vitamins)

Vitamins

RETINOIDS AND CAROTENE (vitamin A; includes retinol, retinal, retinyl esters, and retinoic acid and are also referred to as "preformed" vitamin A. Beta carotene can easily be converted to vitamin A as needed.

RIBOFLAVIN (vitamin B2)

NIACIN (vitamin B3, nicotinic acid)

PANTOTHENIC ACID (vitamin B5)

PYRIDOXINE (vitamin B6, pyridoxal, pyridoxine, pyridoxamine)

BIOTIN

CHOLINE

ASCORBIC ACID (vitamin C)

COBALAMIN (vitamin B12)

CALCIFEROL (vitamin D)

ALPHA-TOCOPHEROL (vitamin E)

FOLIC ACID (vitamin B9, folate, folacin)

PHYLLOQUINONE, MENADIONE (vitamin K)

Minerals

CALCIUM

CHLORIDE

CHROMIUM

COPPER

FLUORIDE

IODINE

IRON

MAGNESIUM

MANGANESE

MOLYBDENUM

PHOSPHORUS

POTASSIUM

SELENIUM

SODIUM

SULFUR

ZINC