

The ABCs of Vitamins

In consultation with Ms Joyce Ho, Senior Pharmacist, Alexandra Hospital.

VITAMIN A

Supports vision, immune function and cell growth

Sources: Sweet potato, carrot, green leafy vegetables, egg yolk

VITAMIN C

Protects cells from damage and promotes collagen production, which is important for healthy skin, bones and teeth

Sources: Oranges and lemons, capsicums, broccoli, kiwi

VITAMIN E

Protects cells from damage, supports immune function and skin health

Sources: Nuts, seeds, leafy green vegetables, vegetable oils

VITAMIN B

A group of vitamins that support energy production, brain function and red blood cell formation

Sources: Meat, poultry, fish, eggs, whole grains, dairy products, nuts

VITAMIN D

Supports bone health and immune function

Sources: Sunlight, fatty fish like salmon, milk and dairy products, egg yolk

VITAMIN K

Supports blood clotting (to prevent over-bleeding) and bone health

Sources: Leafy green vegetables (kai lan, cai xin)

What to look out for in supplement labels



EXPIRY DATE:

Chemical changes in expired supplements can lead to the formation of harmful compounds. In addition, active ingredients in supplements may degrade over time, leading to a loss of potency.

DOSAGE STRENGTH:



Check how many milligrams one capsule contains, and follow the dosage directions on the supplement, to avoid overdose.

SOURCE OF THE SUPPLEMENT (to prevent allergies):



Is it from marine, bovine, porcine sources?
Does it contain shellfish or gelatin?
Does it contain peanut or gluten?

