

# 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)



Infographic produced on 24 January 2024

## 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?