



Micronutrients: What They Are, Why We Need Them, Food Sources & Common Deficiencies

Vitamin A

Purpose: Vision, immunity, skin health

Food Sources: Carrots, sweet potatoes, cantaloupe, kale, spinach

Deficiency Signs: Night blindness, dry skin, weakened immunity

Vitamin B Complex

Purpose: Energy, metabolism, nervous system

Food Sources: Whole grains, legumes, leafy greens, nutritional yeast

Deficiency Signs: Fatigue, nerve issues, anemia, mood changes

Vitamin C

Purpose: Immune support, collagen, antioxidant

Food Sources: Citrus fruits, berries, peppers, broccoli

Deficiency Signs: Weak immunity, slow wound healing, bruising

Vitamin D

Purpose: Bone health, immunity, mood

Food Sources: Sunlight, fortified plant milks, mushrooms

Deficiency Signs: Fatigue, low mood, weak bones, muscle aches

Vitamin E

Purpose: Antioxidant, skin protection, immunity

Food Sources: Almonds, sunflower seeds, spinach, avocados

Deficiency Signs: Muscle weakness, vision issues, immune decline

Vitamin K

Purpose: Blood clotting, bone strength

Food Sources: Kale, spinach, broccoli, Brussels sprouts

Deficiency Signs: Easy bruising, bleeding, weak bones

Calcium

Purpose: Bone health, muscle contraction

Food Sources: Leafy greens, fortified plant milks, tofu

Deficiency Signs: Muscle cramps, brittle bones, numbness

Iron

Purpose: Oxygen transport, energy

Food Sources: Lentils, beans, spinach, pumpkin seeds

Deficiency Signs: Fatigue, cold intolerance, weakness

Magnesium

Purpose: Muscle relaxation, sleep, nerve function

Food Sources: Nuts, seeds, whole grains, leafy greens

Deficiency Signs: Muscle spasms, headaches, anxiety, poor sleep

Potassium

Purpose: Electrolyte balance, heart function

Food Sources: Potatoes, bananas, beans, tomatoes

Deficiency Signs: Weakness, cramps, irregular heartbeat

Zinc

Purpose: Immunity, healing, hormones

Food Sources: Beans, nuts, seeds, whole grains

Deficiency Signs: Hair loss, slow healing, low immunity

Selenium

Purpose: Thyroid function, antioxidant defense

Food Sources: Brazil nuts, whole grains, mushrooms

Deficiency Signs: Fatigue, brain fog, thyroid dysfunction

Iodine

Purpose: Thyroid hormone production

Food Sources: Iodized salt, seaweed

Deficiency Signs: Weight gain, fatigue, low thyroid function

Copper

Purpose: Energy production, iron metabolism

Food Sources: Nuts, seeds, legumes
Deficiency Signs: Fatigue, anemia, weak immunity

Manganese

Purpose: Bone formation, metabolism
Food Sources: Whole grains, nuts, leafy greens
Deficiency Signs: Weak bones, poor wound healing