



# Plant-based Vitamins & Minerals



## NUTRIENT

## FUNCTIONS IN BRIEF

## THREE SOURCES

Vitamin A as  
Beta-carotene

Eye & skin health, potent antioxidant

Carrots, watercress, butternut squash

Vitamin B1  
Thiamin

Protein metabolism for energy,  
brain function & digestion

Sunflower seeds, asparagus, peas

Vitamin B2  
Riboflavin

Healthy skin, metabolism of fats, sugar & protein

Spinach, mushrooms, asparagus

Vitamin B3  
Niacin

Energy production, brain function, digestion

Tomatoes, peanuts, chestnut mushrooms

Vitamin B5  
Pantothenic acid

Energy production, fat metabolism,  
nervous system

Cauliflower, sweet potatoes,  
shiitake mushrooms

Vitamin B6

Protein metabolism, hormone production

Cauliflower, cabbage, spinach

Vitamin B12

Red blood cell formation, DNA synthesis

Nutritional yeast with B12 or supplement

Folate

Brain & nerve function, red blood cell formation

Lentils, cauliflower, beetroot

Biotin

Healthy skin, hair & nerves, sugar metabolism

Peanuts, mushrooms, sunflower seeds

Choline

Building DNA, brain signals, liver detoxification

Broccoli, cauliflower, asparagus

Vitamin C

Immune function, wound healing

Sprouted mung bean, broccoli, strawberries

Vitamin D

Bone health, immune system

Shiitake mushrooms, sunlight, supplement

Vitamin E

Immune system, wound healing & fertility

Sunflower seeds, hemp seed, almonds

Vitamin K1

Blood clotting, bone health, heart health

Broccoli, kale, cauliflower

Calcium

Bone and heart health, acid-alkaline balance

Hemp, broccoli, sesame

Chromium

Blood sugar control, heart function

Barley, oats, broccoli

Copper

Energy support, tissue integrity

Shiitake mushrooms, chard, sesame

Iron

Haemoglobin, energy production

Spinach, cocoa powder, lentils

Magnesium

Muscle & nerve activity, strong bones & teeth

Pumpkin seeds, buckwheat, green leafy  
vegetables

Manganese

Healthy bones, cartilage, tissues & nerves,  
insulin production

Oats, blackberries, sea vegetables

Phosphorous

Healthy bones, muscle tissue, energy

Lentils, peas, broccoli

Potassium

Water balance & heart function,  
healthy nerves, elimination

Potatoes, fennel, brussel sprouts

Selenium

Antioxidant, immunity

Wholegrain barley & rice, mushrooms

Sodium

Water balance,  
helps nerve functioning, muscle contraction

Sea vegetables, celery, cabbage

Zinc

Healing component of many enzymes, liver health

Whole grains, ginger root, raw chocolate

Molybdenum

Excretion of uric acid, reduces risk of dental caries

Buckwheat, beans, lentils

Sulphur

Formation of bile acids, fat digestion & absorption

Rocket, garlic, onions

Iodine

Thyroid mineral, immune system

Kombu, nori, asparagus,

Boron

Optimal bone & joint health, brain health

Apples, prunes, green leafy vegetables