



## Vitamins 101

This is a guide on vitamins that is necessary for our body to ensure it functions correctly. All this information is referenced from Dr Afrika. Please ensure to consult with your doctor and make them aware that you are looking to take a more holistic approach to heal yourself.

### Vitamins A

Helps to maintain the health of tissues, hair, helps eyes, nasal passage, lungs, stress etc.

#### **Signs of Vitamin A deficiency**

Eye inflammation, weak vision, boils, acne, pimples, dry skin etc., respiratory problems, poor sense of taste and smell (one of the symptoms of Coronavirus), infected easily and teeth and gum issues.

#### **Herbs**

*Leaves and flowers are to be added to boiled/simmered water to infuse after the fire is turned off. Seeds, barks, and roots are to be boiled/simmered for 30 minutes or more.*

Alfalfa, Comfrey, Eyebright, Okra Pods, Dandelion, Paprika, Parsley, Rosehip, Watercress and Burdock

#### **Foods**

Green Leafy Cruciferous Vegetables, Melons, Tomatoes, Carrots, Yams and Fruits.

### Vitamin B1 (Thiamine)

This is to help the function of your nerves and brain, body proteins, digestion, red blood count, enhances circulation and carbohydrate metabolism.

#### **Signs of Vitamins B1 deficiency**

Weight loss, wet/dry beriberi, edema, digestive problems, nervous exhaustion, depression, forgetfulness, fatigue, loss of appetite, constipation, muscle weakness, agitation, numbness, and agitation.

#### **Herbs**

Alfalfa, Catnip, Cayenne Pepper, Comfrey, Dandelion, Fenugreek, Peppermint, Garlic, Red Clover, Spirulina

### **Foods**

Brewer's Yeast, Asparagus, Brown Rice, Cruciferous Vegetables (Broccoli, Brussel Sprouts, Kale, Spinach), Peanuts, Plums, Peas, Rice Bran, Parsley and Whole Grains.

### **Vitamin B2 (Riboflavin)**

This vitamin is for blood formation, growth, and metabolism.

#### **Signs of Vitamins B2 deficiency**

Eye problems, sores, skin problems, cracks at the corners of the mouth, inflammation.

#### **Herbs**

Alfalfa, Garlic, Kelp, Parsley, Chickweed and Burdock.

#### **Food**

Brewer's Yeast, Avocados, Green Cruciferous Vegetables, Mushrooms, Sunflower Seeds, Currants, Nuts, Wheat Germ, Whole Grains and Asparagus.

### **Vitamin B3 (Niacin)**

Helps with metabolism of carbohydrates, fats, and protein. Great for the nervous system, cold feet and hands, digestion, sex hormones, the skin, mental illness, memory, and controls and lowers cholesterol.

#### **Signs of Vitamin B3 deficiency**

Coated tongue, insomnia, forgetfulness, headaches, nervousness/anxiousness, headaches, low blood sugar, dizziness, loss of appetites, sores, and anemia.

#### **Herbs**

Alfalfa, Catnip, Cayenne, Fenugreek, Mullein, Nettle, Red Clover, Rosehips, Yellow dock, Red Raspberry Leaves, Peppermint, Parsley.

#### **Foods**

Garlic, Cruciferous Vegetables, Nuts, Peanuts, Potatoes, Rice Brans, Sunflower Seeds, Whole Wheat and Tomatoes.

### **Vitamin B4**

This is a protein, one of the Amino Acids. Brewers Yeasts and Pea Isolate Protein Powder contains amino acids (recommended: Pulsion Pea Isolate Protein Powder)

### **Vitamin B5 (Pantothenic Acid)**

Very good for stress, the adrenal gland, and hormones, good for removing toxins, skin, nervous system, anxiety, and skin.

### **Signs of Vitamin B4 deficiency**

Mental problems, skin diseases, low blood sugar, tingling in hands, burning feet, insomnia, burning feet, fatigue, hair loss, allergies, and asthma

#### **Herbs**

Alfalfa, Parsley, Dandelion, yellow dock, and Wheat Grains.

#### **Foods**

Wheat bran, Green Cruciferous, Nuts, Peas, Wheat Germ, Mushrooms and Whole Grains.

### **Vitamin B6 (Pyridoxine)**

Aids metabolism of proteins and fats. It is especially useful for fluid retention before menstruation, balancing minerals, PMS, pregnancy, mental problems, arteriosclerosis, carpal tunnel, your teeth.

### **Signs of Vitamin B6 deficiency**

Skin problems, anemia, anxiety/nervousness, tooth decay, arthritis, bad breath, sores on the mouth, hair loss, numbness, oily skin, tingling, migraine, skin issues, mental issues, convulsions, irritability.

#### **Herbs**

Alfalfa, Catnip, Oat Straw.

#### **Foods**

Corn, Cantaloupe, Avocados, Bananas, Brewer's Yeast, Cabbage, Green Cruciferous Vegetables, Potatoes, Rice Bran, Plantains, Walnuts and Pecans.

### **Vitamin B12 (Cyanocobalamin)**

#### **Signs of Vitamin B12 deficiency**

Anemia, mental problems, migraine, liver problems, moodiness, digestive problems, breathing problems, liver problems, ringing in ears, palpitations, poor mental energy, poor appetite, fatigue, numbness/stiffness, depression and liver problems.

#### **Herbs**

Alfalfa, Catnip, Bladderwrack, Comfrey, Dulse, Hops, Kelps.

#### **Foods**

Brewer's Yeast, Bananas, Bee Pollen, Concord Seeds and Wheat Germ

### Vitamin B13 (a. Orotic Acid and b. Pangamic Acid)

Very good for the reproduction of cells.

#### **Signs of Vitamin B13 a. deficiency**

Liver problems and cell growth problems

#### **Herbs**

Any herbs as they rot in the intestine

#### **Foods**

Fermented Foods

#### b. Pangamic Acid

Helps the body to use oxygen, regulates fat metabolism. Regulating cholesterol. Circulation and good nervous system.

#### **Signs of Pangamic Acid**

Reduced levels of oxygen to cells and tissues, heart disease, nervous problems

#### **Herbs**

Alfalfa, Catnip, Bladderwrack, Comfrey, Dulse, Hops, Kelps.

#### **Foods**

Nuts, Seeds, Whole Grains and Brown Rice. harbeshary

### Folic Acid (Inositol and Vitamin B)

Good for growth of cells, building red blood cells, healing, skin, gray hair.

#### **Signs of Folic Acid deficiency**

Baldness, skin discoloration, mental problems, impotency, poor circulation, skin diseases

#### **Foods**

Lima Beans, Wheat Germ, Nuts, Peanuts, Cruciferous Vegetables, Irish Potatoes, Asparagus and Mushrooms.

### Biotin (Vitamin H)

Essential nutrients for hair, skin, metabolism of fats, protein and carbohydrate, muscle pain, sweat glands, nerve tissue.

#### **Signs of Biotin deficiency**

Reproductive disease, infertility, anemia, eczema

#### **Herbs**

Kelp, Wheat Grass, Parsley, Alfalfa and Dandelion.

#### **Foods**

Spinach, Wholegrain and Mushrooms.

### **Choline and Inositol**

This vitamin assists in the products of cells, regulates the liver, gallbladder, nerves, memory, and brain function which is also useful for Parkinson's and Tardive Dyskinesia and good blood pressure. It also metabolizes fat (cellulites). It helps prevent hardening of arteries and kidneys.

#### **Inositol**

Very vital for blood cholesterol, obesity, mental issues, hair, heart and also metabolism of fat.

#### **Signs of Choline Deficiency**

Liver diseases, high problems, hardened arteries, kidney and liver problems and high blood pressure.

#### **Signs of Inositol Deficiency**

Mood swings, eczema, hair loss, eye problem, arteriosclerosis, constipation.

#### **Herbs**

Alfalfa, Kelp, Dandelion, Parsley and Wheatgrass.

#### **Foods**

Brewer's Yeast, Green Leafy Vegetables, Legumes, Wheat grains and Lecithin

### **The Famous Vitamin C**

Vital for the increasing of health glands, organs, teeth, protection against all diseases, infections, toxins, skin, gums, stomach disorders and an antibiotic.

#### **Signs of Vitamin C deficiency**

Wounds and sores that are slow to heal, tooth decay, gum diseases/bleeding gum, anemia, varicose veins, recurring colds and infections, lack of energy, tooth loss, edema

#### **Herbs**

Elderberries, Alfalfa, Cayenne, Boneset, Dandelion, Hops, Horseradish, Oregano, Burdock Root, Catnip, Coltsfoot, Eyebright, Marigold, Mullein, Hops, Hawthorn, Lobelia, Paprika, Parsley, Peppermint, Pokeweed, Red Clover, Red Raspberry Leaves, Yarrow, Yellow dock, Watercress, Rosehips, Horsetail, Fenugreek, Chickweed, Oak Straw and Shepherd's Purse.

#### **Foods**

Beetroot Greens, Papaya, Oranges, Onions, Acerola Cherries, Avocados, Citrus Fruits, Mustard Greens, Turnip Greens, Star fruit, Rosehips, Guavas and Kiwis.

### **The Most sought-after Vitamin D**

This nutrient is for the glands; to help with absorption and utilization of minerals, bones, and teeth. It is needed for growth of muscles, the function of the heart, thyroid and normalizing of blood clotting.

#### **Signs of Vitamin D deficiency**

Softening of bones, lack of energy, tooth decay, loss of appetite, diarrhea, insomnia, weight loss, for children slow growth and poor bone structure, weight loss, eye problems.

#### **Herbs**

Horsetail, Alfalfa, Nettle and Parsley

### **Vitamin E**

Vital for tissues, sores, stabilizes energy and reduces need for oxygen, improves circulation, reduces blood pressure, skin, heart, sterility, menopause, veins, blood and all infections and diseases. Helps to improve stamina, relaxed muscles, reduces keloids and also scarring from wounds.

#### **Signs of Vitamin E deficiency**

Stroke, heart disease, muscle and skin disorders, menstrual problems, miscarriages, infertility and lung problems

#### **Herbs**

Dandelion, Dong Quai, Oat Straw, Watercress, Spirulina, Red Raspberry Leaves, Alfalfa and Rosehip

#### **Foods**

Sprouted Seeds, Sweet Potatoes, Wheat Germ, Whole grains, Nuts and Green Leafy Vegetables.

### **Vitamin P (Bioflavonoids)**

Help to build and strengthen the tissues and cells. It is vital for all injuries, skin, liver diseases and prevent hemorrhaging. Aids circulation lowers cholesterol and is really for reducing herpes.

#### **Signs of Vitamin P deficiency**

Eczema, varicose veins, infections, hypertension, and dark blue spots on skin.

#### **Herbs**

Chervil, Hawthorn Berry, Horsetail, Rosehips and Shepherd's Purse.

#### **Foods**

Blackcurrants, Citrus Fruit, Green Peppers, Strawberries, Fruits, Vegetables and Prunes.

### **Vitamin F (Fatty Acid)**

An essential vitamin for heart, skin, growth, cholesterol, adrenal glands and all mucous membranes.

#### **Signs of Vitamin F deficiency**

Reproductive problems and also menstruation and prostate, skin diseases, kidney and liver disorders and hair loss.

#### **Herbs**

Orris, Ova Ursin, Flaxseed, Kelp, Dandelion, Echinacea and Burdock

#### **Foods**

Sunflower seeds, corn, also unrefined and unprocessed oil made from sunflower seeds and corn.

### Vitamin K

Essential for blotting clotting, liver, bone formation, bone loss, nervous system and energy.

#### **Signs of Vitamin K deficiency**

Bleeding ulcers, hemorrhaging, low energy and nosebleeds.

#### **Herbs**

Kelp, Nettle, Oat straw, Shepherd's Purse, Plantain and Alfalfa.

#### **Foods**

Broccoli, Brussel Sprouts, Green Plants, Oatmeal, Rye, Wheat, Cauliflower and Asparagus.

### Vitamin T

Vital for blood and cell product.

#### **Signs of deficiency**

Bleed easily and memory problems.

#### **Herbs**

Plantain

#### **Foods**

Sesame seeds, brewer's yeast, and vegetable oils.

### Vitamin U

Assists in the healing of wounds

#### **Signs of Vitamin U deficiency**

Peptic and duodenal ulcers.

#### **Herbs**

Alfalfa

#### **Foods**

White potatoes and cabbage

### Vitamin G

A nutrient for the nervous system

#### **Herbs**

Dandelion, Kelp, Gotu Kola and Alfalfa

#### **Foods**

Capsicum and Watercress.

### Vitamin L

Nutrient for cell production and breast-feeding

#### **Herbs**

Alfalfa and Rosemary

#### **Foods**

Brewer's Yeast and Wheat Germ

### Vitamin P (Ruthin)

An essential nutrient for liver, stomach, and hemorrhoids.

#### **Herbs**

Paprika, Rue and Rosehip

#### **Foods**

Buckwheat and Lemon