

MARCOTTE PHYSICAL
THERAPY

Vitamins and Nutrition

Vitamin A

Helps tissue, skin, bone growth, immune system, and eyes

Found in orange vegetables, eggs, and fish



Vitamin B1, B2, B3, and B5

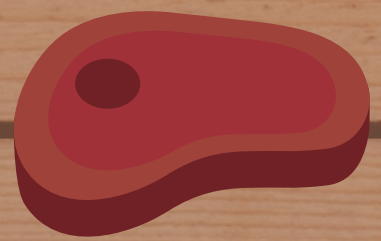
Help convert food into energy

Found in meat, poultry, dairy, and fish

Vitamin B6

Helps with sleep, appetite, mood, and cognition

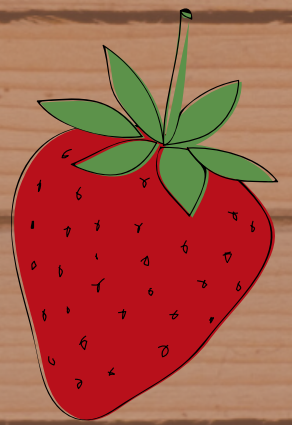
Found in meat, fish, soy, and potatoes



Folic Acid/ Vitamin B9

Helps with the creation of new cells

Found in green vegetables, legumes, orange juice, and tomato juice



Vitamin B12

Helps to protect and grow nerve cells

Found in meat, fish, dairy, eggs, and soy milk

Vitamin C

Helps the immune system

Found in citruses, strawberries, bell peppers, tomatoes, potatoes, spinach



Vitamin D

Helps strengthen teeth and bones

Found in milk and fatty fish

Vitamin E

Helps protect cells and Vitamin A, and may help prevent Alzheimer's

Found in leafy greens, whole grains, and nuts



Vitamin K

Helps with blood clotting

Found in green veggies, liver, milk, and eggs

