**Vitamins**

**Vitamin Main Source Main Function Deficiency Condition**

|  |  |  |  |
| --- | --- | --- | --- |
| **A (Retinol)** |  |  |  |
| **B1 (Thiomine)** |  |  |  |
| **B2 (Ribo-flavin)** |  |  |  |
| **Niacin** |  |  |  |
| **Folic Acid** |  |  |  |
| **C (Ascorbic Acid)** |  |  |  |
| **D (Calciferol)** |  |  |  |
| **E (Tocopherol)** |  |  |  |

**Macronutrients**

**Mineral Source Function Deficiency Condition**

|  |  |  |  |
| --- | --- | --- | --- |
| **Calcium** |  |  |  |
| **Phosphorus** |  |  |  |
| **Potassium** |  |  |  |
| **Chlorine** |  |  |  |
| **Sodium** |  |  |  |
| **Magnesium** |  |  |  |

**Micronutrients**

**Mineral Source Function Deficiency Condition**

|  |  |  |  |
| --- | --- | --- | --- |
| **Fluorine** |  |  |  |
| **Chromium** |  |  |  |
| **Iron** |  |  |  |
| **Cobalt** |  |  |  |
| **Zinc** |  |  |  |
| **Iodine** |  |  |  |

**Food Additives**

**Additive Purpose Example(s)**

|  |  |  |
| --- | --- | --- |
| **Nutrients** |  |  |
| **Flavoring agents** |  |  |
| **Preservatives** |  |  |
| **Antioxidants** |  |  |
| **Food Coloring** |  |  |
| **Bleaches** |  |  |
| **Emulsifiers** |  |  |
| **Sweeteners** |  |  |