Essential Vitamins and Minerals - Deficiencies and Toxicity



On this page we have outlined some of the problems that can occur if you don't get enough of the vitamins and minerals included in Huel in your .daily diet or, in some cases, if you get too much of them by using supplements

Vitamin A

The health of skin and eyes

Vitamin D

Bone health

Vitamin E

Antioxidant

Vitamin k

blood clotting

vitamin c

Thiamin

.Thiamin (vitamin B1) helps the body's cells convert carbohydrates into energy

Niacin

.Niacin is important for helping the body to release energy from the foods we eat and helping to keep the nervous systems and skin healthy

Folate

Folate, or folic acid, works with vitamin B12 to form healthy red blood cells, whilst also helping to reduce the risk of central nervous system .defects, such as spina bifida in unborn babies, which is why maintaining a healthy amount is important during pregnancy

Calcium

.Calcium is the most abundant mineral in our body as it's the major constituent of bones and teeth

Iron

Iron is an essential mineral with several important roles in the body. For example, it helps to make red blood cells which carry oxygen around the .body

VitaLact contains high levels of 3 useful probiotic strains and various essential vitamins and minerals. Probiotics exert protective effects and help restore the natural flora of the gastrointestinal tract. Vitamins and minerals also contribute to the metabolism and general health improvemen

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