

Short list Vitamins in a few Herbs

Vitamin A - Vitamin A is good for the eyes. It helps night vision and is also useful for the proper function of skin cells and mucous membranes. Found in: alfalfa herb, annatto seed, dandelion, lamb's quarters, okra pods, paprika, parsley, herb, violets, watercress.

Vitamin B1 - (also called Thiamine) This vitamin is important for growth and also for maintaining a healthy appetite. Found in: bladderwrack, dulse, fenugreek, kelp, okra, wheat germ.

Vitamin B2 - (also called Riboflavin) Vitamin B2 is essential for growing children and is part of a nutritious diet for adults. Found in: bladderwrack, dulse, fenugreek, kelp, saffron.

Vitamin B12 - Essential for normal development of red blood cells. This vitamin is used in the production of red blood cells. It is also essential for growth in children and will put healthy weight on very thin children. Found in: alfalfa, bladderwrack, dulse, kelp.

Vitamin C - Vitamin C is one of the most important vitamins as it cannot be stored in the body and must be consumed daily. This vitamin is used for teeth and gums. It can be destroyed by heat, sunlight and oxygen, so it must be kept in a tightly sealed dark container. Found in: buffalo berry, burdock seed, capsicum, coltsfoot, coriander, elder berries; marigold, oregano, paprika, parsley herb, rose hips, watercress.

Vitamin D - Vitamin D is essential for building strong teeth and bones. It also prevents the disease rickets. Found in: annatto seed, watercress, wheat germ.

Vitamin E - Vitamin E is good for eyes and skin as well as healthy bones. Found in: alfalfa, avena sativa, bladderwrack, dandelion leaves, dulse, kelp, linseed, sesame, watercress, wheat germ.

Vitamin G - (B2) Vitamin G is an essential vitamin for a healthy diet. Found in: hydrocotyle asiatica.

Vitamin K - Vitamin K is used to help the blood clot. Found in: alfalfa herb, chestnut leaves, shepherd's purse.

Vitamin P - (Rutin) Vitamin P is essential in the strengthening and production of the capillaries. Found in: buckwheat, german rue, paprika.

Niacin - (a B-complex vitamin) Niacin is essential to a healthy diet and prevents pellagra. Found in: alfalfa leaves, blueberry leaves, burdock seed, fenugreek, parsley herb, watercress.