

Vitamins	Importance	Things that inhibit absorption	Things that enhance absorption	Foods/herbs that contain vitamin
A	Antioxidant, cell development, plays role in tooth formation, bone growth	Alcohol, arsenicals, aspirin, corticosteroid drugs, Dicumarol, mineral oil, nitrates, phenobarbital, thyroid hormone	Vitamin (vit) B complex, C, D, E, Zinc, Choline, calcium, phosphorus, unsaturated fatty acids	Butter, eggs, organ meats (like liver) fish oil, seafood
B6	Needed for macronutrient metabolism, aids fetal growth requirements, helps make antibodies, maintains sodium/phosphorus balance	Cortisone, estrogen, oral contraceptives	B complex, B1, B2, Pantothenic acid, Magnesium, Potassium, Linoleic acid, Sodium,	Fish, beef, turkey, beans, nuts, raw milk
B12	Normal cell formation, macronutrient metabolism, supports healthy nervous system	Dilantin, oral contraceptive	B complex, vit C, vit B6, Choline, Folic acid, Inositol, Calcium, Potassium, Sodium, Iron	Organ meats (liver), fish nutritional yeast, grass-fed beef, cottage cheese, eggs
C	Antioxidant, aids skin/connective tissue formation, strengthens blood vessels, helps resist infection, aids iron absorption	Alcohol, antibiotics, antihistamines, aspirin, baking soda, barbiturates, cortisone, DDT, estrogen, oral contraceptives , petroleum, smoking, sulfonamides	Bioflavonoids, Calcium, Magnesium	Fruit, vegetables, (red green pepper, kale)
D	Aids absorption of calcium & phosphorus for bone formation	Alcohol, corticosteroids, oral contraceptives , Dilantin	Vit A, C, Choline, unsaturated fatty acids, Calcium, Phosphorus	Butter, organ meats, eggs, fish oil, seafood,
E	Antioxidant, oxygenates cells, clot inhibitor. helps with sterility, PMS, & muscular dystrophy	Antibiotics, chlorine, hypolipidemic drugs, synthetic iron, mineral oil, oral contraceptive , rancid fat	Vit A, B, C complex, B1, inositol, manganese, selenium, zinc, unsaturated fatty acids	Grass-fed animal fats, nuts, seeds, tofu, dark green vegetables, fresh ground grains
K	Blood clotting, bone formation, development of nervous system	Antibiotics & cholesterol lowering medications, radiation, rancid fats	_____	Liver, egg yolks, butter, grains, dark greens, cabbage family, fermented soy (tofu)
Folic acid (Folate)	Builds red blood cells, assists protean metabolism, vital for growth & division of cells	Alcohol, anticonvulsant, oral contraception , phenobarbital	B complex, B12, vit C, Biotin, Pantothenic acid	Dark green vegetables (spinach, asparagus, broccoli, brussel sprouts, romaine lettuce, beef liver, beans

“Oral contraceptive” is in bold under “things that inhibit absorption” because many people use this method of contraception. However, if you are planning to become pregnant it may be wise to replenish vitamins & minerals six months before planned to conception. This is not medical advice, consult your care provider.

Minerals	Importance	Things that inhibit absorption	Things that enhance absorption	Foods/herbs that contain vitamin
Calcium	Maintains development of bones & teeth. Aids normal blood clotting, muscle function, nerve & heart health	Aspirin, corticosteroid drugs, thyroid hormone	Vit A, C, D, Iron, Magnesium, Boron, Manganese, Phosphorus, hydrochloric acid, unsaturated fatty acids	Raw dairy, dark green vegetables, bone broth
Iodine	Supports health Thyroid, regulates energy& metabolism, promotes growth	Raw cabbage and spinach	Vit A	Sea food, unrefined sea salt, kelp, butter, pineapple, artichoke, asparagus, dark green vegetables
Iron	Blood formation, protean metabolism, promotes growth, fetal iron storage	Anti-acids, aspirin, EDTA (food preservative) vit E	Folic acid, Calcium, Cobalt, Copper, Phosphorus, Vit B12, vit C, Hydrochloric acid	Eggs, fish, liver meat, dark green vegetables
Selenium	Antioxidant, aids tissue elasticity, aids in antibody response to germs	Aspirin, corticosteroids, diuretics, sodium	Vit 5	Butter, Brazil nuts, seafood, grains
Sodium	Promotes increased blood volume, health of nervous, muscular, blood, & lymph system	_____	Vit D	Table salt has been stripped of all other minerals so that it only contains Sodium and may have added Iodine, de-clumping agents, & been bleached.
Zinc	Mental development, male reproductive organs, blood sugar control, tissue growth	Phytic acid in cereal & legumes, alcohol, oral contraceptive , corticosteroid drugs, diuretic	Vit A, B6, E, Calcium, Copper, Phosphorus	Red meat, sea food, nuts, seeds, ginger

Online rescources:

Dr. Axe: Food is Medicine
draxe.com/vitamin
Vitamins for Fetal Development:
Conception to Birth
westonaprice.org

References:

- Frye, A. (2010). *Holistic midwifery, a comprehensive textbook for midwives in homebirth practice, volume I, care during pregnancy*. Portland, OR: Labrys Press

- Fallon, S. (2001). *Nourishing traditions*. Washington, DC: New Trends Publishing, Inc
- Schmid, R. F. (1997). *Traditional foods are your best medicine*. Rochester, VT: Inner Traditions/Bear & Compan

