

# Med Save

— FAMILY OF PHARMACIES —

## TOP 5 REASONS TO TAKE VITAMINS:

KEEP OUR BODIES IN GOOD WORKING ORDER  
HEALTHY AGING  
COVER YOUR NUTRITIONAL BASES  
IMMUNITY SUPPORT  
MAINTAIN A HEALTHY METABOLISM



**No matter your dietary choices, some nutrients can be a challenge to get daily from food alone. Supplements are a great option to ensure you're always responding to your body's needs regardless of your daily food choices.**

## QUESTIONS? ASK A PHARMACIST!

 <https://www.medsaverxnicholasville.com>

 1025 North Main Street, Nicholasville, KY 40356

 859-354-2100

 859-354-2101



 Mon-Fri: 8:30AM-6:30PM | Sat: 9AM-2PM | Sun: Closed

<https://www.centrum.com/learn/why-are-vitamins-important/>  
<https://www.hsph.harvard.edu/nutritionsource/>

# HEALTH BENEFITS OF 10 VITAMINS

VITAMIN A	Supports eye health, stimulates white blood cell activity, regulates cell growth	<b>FOOD SOURCES:</b> Carrots, Pumpkin, Kale, Cantaloupe, Beef liver, Eggs
VITAMIN D	Helps retain calcium and phosphorus for bone health, reduce inflammation	Fatty fish, Fish liver oils, Cheese, Salmon, Beef liver, Dairy fortified with Vitamin D
VITAMIN C (Ascorbic Acid)	Controls infection and healing wounds, neutralizes harmful free radicals, produces hormones and chemical messengers used in the brain and nerves	Oranges, Kiwi, Lemon, Bell peppers, Strawberries, Tomatoes, White potatoes, Broccoli, Cauliflower
B1 (THIAMINE)	Role in growth and function of various cells	Fish, Beans, Green peas, Enriched cereals and breads, Sunflower seeds, Yogurt
B2 (RIBOFLAVIN)	Involved with the growth of cells, energy production, breakdown of fats/steroids/medications	Dairy milk, Yogurt, Cheese, Eggs, Organ meats, Chicken breast, Almonds, Spinach
B6 (PYRIDOXINE)	Supports immune function and brain health	Beef liver, Tuna, Chickpeas, Bananas, Oranges
B9 (FOLIC ACID)	Involved in protein metabolism, produces healthy red blood cells, critical during pregnancy and fetal development	Broccoli, Beans, Peanuts, Sunflower seeds, Liver, Eggs, Fortified foods and supplements
B12 (COBALAMIN)	Necessary to form red blood cells and DNA, key player in development of brain and nerve cells	Fish, Liver, Red meat, Eggs, Milk, Yogurt, Enriched Soy or Rice Milk
CALCIUM	Helps muscle contract, regulates normal heart rhythms and nerve functions	Milk, Cheese, Winter squash, Edamame, Almonds, Kale
MAGNESIUM	Assists more than 300 enzymes to perform chemical reactions such as regulating blood pressure, blood sugar	Almonds, Cashews, Peanut Butter, Beans, Cooked spinach, Salmon, Oatmeal, Bananas, Milk

**ASK US ABOUT RECEIVING \*FREE VITAMINS!**