



Embrace the Rainbow

Visual Guide to Vitamins and Minerals

Kalya Young M.D., M.P.H.
ARE YOU *Deficient* in these **VITAMINS & MINERALS?**

Dietitian at Duke Integrative Medicine
Please call 919-660-6826 if interested in scheduling an appointment.

Almost 1/3 of **Americans** are low in these top 5 vitamins and minerals needed for health...

- ① Vitamin B6
- ② Vitamin B12
- ③ Vitamin C
- ④ Vitamin D
- ⑤ Iron

①
Vitamin B6

②
Vitamin B12

③
Vitamin C

⑤
Iron

④
Vitamin D

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