



Vitamins

Vitamins are organic compounds which are essential to life. You get vitamins from food, because the human body either does not produce enough of them or none at all. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of wellness related problems. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of wellness related problems.

How vitamins support wellbeing	Vitamin support foods
Many processes in the body require a variety of vitamins in order to function at their optimum level. Vitamins are a key part in the enzyme processes, which are the drivers behind all of the body's metabolic processes. You need a wide variety of vitamins to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness. The best source of vitamins you can get is from the foods you eat, where the vitamins are present with other nutrients which work synergistically to support your wellness.	<ul style="list-style-type: none">• Dairy• Seeds and Nuts• Lentils• Chickpeas• Green Vegetables• Grains• Red Peppers• Chicken• Turkey• Fish• Eggs• Apricots <p>*There are many other foods but these are some of the common examples</p>

We recommend that you get your epigenetics assessed regularly to prevent vitamin and wellbeing challenges.