

# Here's What You Need To Know About 7 Everyday Vitamins

[According to a Gallup poll](#), more than 50% of Americans take vitamins every day. That all adds up to millions of dollars spent on dietary supplements. But how much do you know about these 7 everyday vitamins?

## Vitamin A

Vitamin A [plays a vital role in keeping just about every part of your body healthy](#), from your eyes to your heart.

For most americans, dairy products and meat are the biggest source of vitamin A. Unfortunately, lots of foods that are high in vitamin A, such as beef liver and other meats, are also high in cholesterol - but there are plenty of alternatives. For example, why not try a [Pressed By Kind bar with pineapple, banana, kale and spinach?](#)

## Vitamin B

There are many varieties of vitamin B, including thiamin (B1), riboflavin (B2), and folic acid. Each different kind of B vitamin has an important job. For example, thiamin [aids the metabolism](#), riboflavin is an [essential compound of coenzymes that are crucial for energy production](#) and [folic acid helps prevent cancer](#).

Because of its ability to prevent dangerous DNA changes, folic acid is especially important for women who are pregnant. Doctors recommend it to help reduce the effects of neural tube defects such as spina bifida in an unborn infant. If you're expecting, you might want to try [CVS' prenatal gummy vitamins](#), which include folic acid and other important vitamins and minerals for you and your baby.

## Vitamin C

Vitamin C plays an important role in helping to repair wounds and boost immunity. If you've ever had a cold, you've probably been told to take some vitamin C - [but the evidence suggests that it won't help](#). Instead, try taking vitamin C over a long period of time to help boost your immune system and prevent colds instead of trying to cure them.

In the past, sailors used limes and other citrus fruits to help prevent scurvy, which is caused by vitamin C deficiency. These days there are plenty of vitamin C rich foods to try - including these tasty [Dole fruit bowls with mandarin oranges](#).

## Vitamin D

Most people get enough vitamin D by spending time in the sun. But for people in colder climates -- here's looking at you, northerners -- CVS carries [several great-tasting vitamin D supplements](#) to see you through the rainy days.

Vitamin D can help prevent bone deformities in children, and various aches and pains in adults. It's a key vitamin because it helps regulate calcium and phosphate, ensuring that you have just the right amount to grow healthy and strong.

## Vitamin E

Vitamin E acts like an antioxidant to help reduce the effects of aging on your cells and keep your body strong and healthy throughout your life. The potential benefits of vitamin E range from prevention of age-related disease all the way to keeping your hair looking shiny and sleek.

Vitamin E is found in nuts, seeds, and plant oils. We recommend these delicious [Gold Emblem Nut Mixes](#) to snack on throughout the day.

## Calcium

Found in milk and other dairy products, calcium is key to keeping your body healthy. Calcium strengthens bones and teeth, regulates your heartbeat, and can help your blood clot in the event of an injury.

According to the Food and Nutrition Board of America, adults between the ages of 19 and 50 [need about 1000mg of calcium per day](#) to remain healthy, and older people need even more. Calcium deficiency has been linked to painful problems like osteoporosis. You can help get your daily intake of calcium by mixing up a smoothie and adding some tasty [Gold Emblem apricots](#) to the mix.

## Iodine

[More than 12% of the US population will develop an issue with their thyroid during their lifetime.](#) The thyroid's ability to function is regulated by Iodine, an essential component in any healthy diet. A lack of Iodine can lead to hypothyroidism, or even the development of a goiter, a nasty growth on the neck.

Iodine can be found in oily fish and sea vegetables such as kelp, and is added to most other foods in the form of iodine salts.

If you're worried about your iodine intake, or if you already have a thyroid condition, [L.A. Naturals has an iodine supplement](#) that you can easily add to a glass of water.

The right balance of vitamins is different for everyone, but here at CVS we're committed to helping you find the right combination for your body. Take a peek at our [supplements shelf](#) today!