

Vitamins You Cannot Live Without

Description



[Image](#)

Vitamins are the lifeblood of our bodies. In order for us to function and to live healthy [lives](#) all of us need to ingest vitamins each day through food and drink.

If you want to change your life for the better in 2021 and are looking for a lifestyle change; increasing your vitamin intake can do you the world of good and should be top priority.

Today we are going to take a look at some of the vitamins you cannot live without and what their roles are in the body. Stay healthy this year and make sure you get enough of these in your diet.

Vitamin A

Vitamin A is the first of the vitamins we want to talk about today and it plays a lot of important roles in the body. Taking a [multi vitamin](#) every morning will help you get plenty of this vitamin as well as eat apples and carrots. Vitamin A is important for our health in a number of ways such as our eyesight, bone growth, and immune system. If you want to live a long and healthy life it is important to get enough Vitamin A and you may even benefit in terms of aging as this vitamin can slow the signs.

Vitamin C

Vitamin C is incredibly important for the body and if you don't get enough of it, you might suffer from something such as scurvy where the body is unable to develop bones properly. Vitamin C is essential for the health of our skin cells and helps to produce collagen. Collagen is the elastic material which keeps our skin supple and young and as we grow older this deteriorates causing wrinkles. Keep

your skin young and healthy with Vitamin C and keep those bones strong.

Vitamin D

It is so important for us all to get our daily dose of Vitamin D if we are to stay strong and healthy. Vitamin D is essential for bone strength and it also plays a role in the repair of tissue after injury or strain. Without this you might struggle to heal effectively and this will cause you to struggle in your life in a number of ways. Without this vitamin you may be more susceptible to injury and this can land you in a lot of trouble health wise.

Vitamin B12

[Vitamin B12](#) is essential for the body as it helps to create new DNA in the production of new cells as well as keeping our nerves healthy and blood cells strong. This is a vitamin that can be found in meat and dairy and is essential for the diet. You can also see benefits in the strength of your hair and nails by having enough of this in your diet and it is a brilliant vitamin to have each day.

Vitamin K

Vitamin K is often not talked about but it has some incredibly important roles in the body. For starters “ Vitamin K plays a role in blood clotting which is an essential part of the healing process. Vitamin K also keeps our bones intact as well as regulates levels of calcium in the blood which is important to avoid calcium build up that can lead to joint and bone issues. You can [buy vitamin k drops](#) combined with Vitamin D to maximize the beneficial effects of Vitamin D and bring it to where it is needed most.

Stay healthy and make sure to have all of these vitamins in your diet each day for a long and healthy life.

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