VITAMINS IN SELECTED HERBS

VITAMIN / Essential For:	RDI	Basil	Bay	Chives	Cilantro	Dill	Fennel	Garlic	Ginger	Horseradish	Lemon grass	Marjoram	Mint	Oregano	Parsley	Rose Hips	Rosemary	Sage	Sorrel	Tarragon	Thyme
		1/4cup	1 tbsp	1 tbsp	1/4 cup	1/4 cup	1 bulb	1 tbsp	1/4 cup	1 tbsp	1 cup	1 TBL	2 tbsp	1 tbsp (dry)	1/4 cup	1 ounce	1 tbsp	1 tbsp	1 cup	1 TBL	1 tbsp
A: growth; reproduction; healthy skin; good vision; antioxidant	5000 IU	317 IU	108 IU	131 IU	270 IU	169 IU	–	0.8 IU	0.0 IU	0.3 IU	–	–	456 IU	207 IU	1264 IU	1217 IU	439 IU	118 IU	–	–	143 IU
C: healthy skin, teeth, gums, and blood vessels; wound healing; antioxidant	60 mg	1.1 mg	0.8 mg	1.7 mg	1.1 mg	1.9 mg	314	2.3 mg	1.2 mg	3.7 mg	4 mg	137 mg	1.5 mg	0.15 mg	20 mg	119 mg	0.3 mg	0.6 mg	5320 mg	76 mg	4.8 mg
D: healthy bones; absorption of calcium and phosphorus	400 IU	—	—	—	—	—	28 IU	—	—	—	1.7 IU	0.9 IU	—	—	—	—	—	—	63.8 IU	0.9 IU	—
E: maintain red blood cells and muscles; antioxidant	15 mg	0.0 mg	0.0 mg	0.1 mg	0.1 mg	—	—	0.1 mg	0.1 mg	0.0 mg	—	—	—	0.6 mg	0.1 mg	1.6 mg	—	0.1 mg	—	—	—
K: normal blood clotting; supporting liver function; metabolism of carbohydrates	80 mcg	24.9 mcg	0.0 mcg	12.4 mcg	12.4 mcg	—	—	0.2 mcg	0.0 mcg	0.2 mcg	—	—	—	18.6 mcg	246 mcg	7.3 mcg	—	34.3 mcg	—	—	—
B1 (thiamin): healing/maitaining nerve vunction; metabolism of carbohydrates	1.5 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	—	0.0 mg	0.0 mg	0.0 mg	—	—	0.0 mg	0.0 mg	0.03 mg	0.0 mg	0.0 mg	0.0 mg	—	—	0.0 mg
B2 (riboflavin): healthy skin; metabolizing foods; making/repairing tissues; maintaining healthy mucus membranes	1.1 - 1.3 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	—	0.0 mg	0.0 mg	0.0 mg	—	0.005 mg	0.0 mg	0.0 mg	0.03 mg	0.0 mg	0.0 mg	0.0 mg	0.053 mg	0.005 mg	0.01 mg
B3 (niacin): function of the digestive and nervous system; metabolizing foods	20 mg	0.1 mg	0.0 mg	0.0 mg	0.0 mg	0.1 mg	—	0.1 mg	0.2 mg	0.1 mg	0.1 mg	0.005 mg	0.1 mg	0.3 mg	0.2 mg	0.4 mg	0.0 mg	0.1 mg	0.133 mg	0.024 mg	0.0 mg
B5(pantothenic acid); release of energy from fats and other foods; promoting normal growth and development	10 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	—	0.1 mg	0.0 mg	0.0 mg	0.7 mg	—	0.0 mg	—	0.03 mg	0.2 mg	0.0 mg		0.665 mg	0.161 mg	0.01 mg
B6: protein metabolism; formation of antibodies and red blood cells: healthy digestive and nervous system	20 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	0.0 mg	—	0.1 mg	0.0 mg	0.0 mg	—	—	0.0 mg	0.0 mg	0.1 mg	0.0 mg	0.0 mg	0.1 mg	—	—	0.01 mg
B9 (folate): healthy red blood cells; protein formation, development of genetic material; maintaining digestive/nervous systems	200 mcg	4.1 mcg	3.2 mcg	2.5 mcg	2.5 mcg	3.3 mcg	0.11 mcg	0.3 mcg	2.6 mcg	8.6 mcg	—	0.02 mcg	11.8 mcg	8.1 mcg	22.8 mcg	0.8 mcg	1.6 mcg	5.5 mcg	0.162 mcg	0.043 mcg	1.4 mcg
B12: healthy red blood cells; protein and fatty-acid metabolism; maitaining nervous system; cell division during growth	2 mcg	0.0 mcg	0.0 mcg	0.0 mcg	0.0 mcg	0.0 mcg	63 mcg	0.0 mcg	0.0 mcg	0.0 mcg	50 mcg	5 mcg	0.0 mcg	0.0 mcg	0.0 mcg	—	0.0 mcg	0.0 mcg	17 mcg	5	0.0 mcg
Choline: metabolism of fats and the moving of cholesterol through the system	500 mg	0.7 mg	0.0 mg	0.0 mg	0.5 mg	—	—	2.1 mg	6.9 mg	1 mg	—	—	—	0.9 mg	1.9 mg	3.4 mg	—	0.9 mg	—	—	—

- missing or indeterminate value, IU=International Unit, g=gram, mg=milligram, mcg=microgram, RDI=recommended daily intake

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