

Serial No	Micronutrient	Food Sources	Deficiency Disease	Symptoms
1	Vitamin A	 Carrots, Spinach, Liver	Night Blindness	Night blindness, Dry eyes
2	Vitamin B1 (Thiamine)	 Whole grains, Legumes	Beriberi	Fatigue , Nerve damage
3	Vitamin B2 (Riboflavin)	 Dairy, Eggs , Vegetables	Ariboflavinosis	Cracked lips, Sore throat
4	Vitamin B3 (Niacin)	 Poultry, Fish, Peanuts	Pellagra	Diarrhea, Dermatitis, Dementia
5	Vitamin B5 (Pantothenic Acid)	 Avocados, Mushrooms, Grains	Huntington disease	Headaches, Fatigue
6	Vitamin B6 (Pyridoxine)	 Poultry, Fish, Bananas	Anemia, Neuropathy	Irritability, Confusion
7	Vitamin B7 (Biotin)	 Eggs, Nuts, Seeds	Biotin deficiency	Hair thinning, Rash
8	Vitamin B9 (Folate)	 Leafy Greens, Legumes	Megaloblastic Anemia	Fatigue, Poor growth
9	Vitamin B12 (Cobalamin)	 Meat, Fish, Dairy	Pernicious Anemia	Memory loss,Fatigue
10	Vitamin C	 Citrus fruits, Broccoli	Scurvy	Fatigue, Bleeding gums
11	Vitamin D	 Sunlight, Dairy, Fish	Rickets, Osteomalacia	Soft bones, Weakness
12	Vitamin E	 Nuts, Seeds, Leafy greens	Peripheral neuropathy	Weak muscles, Vision problems
13	Vitamin K	 Leafy greens, Soybeans	Bleeding disorders	Excessive bleeding, bruising
14	Calcium	 Dairy, Tofu, Greens	Osteoporosis, Rickets	Weak bones, Spasms
15	Iron	 Red meat, Spinach, Lentils	Iron deficiency anemia	Fatigue, Pale skin
16	Magnesium	 Nuts, Seeds, Grains	Hypomagnesimia	Muscle cramps, Confusion
17	Zinc	 Meat, Shellfish, Legumes	Impaired immunity	Delayed healing Hair loss
18	Iodine	 Iodized salt, Seafood	Goiter, Hypothyroidism	Enlarged thyroid, Fatigue
19	Selenium	 Brazil nuts, Seafood, Eggs	Keshan disease	Hair loss, Heart issues
20	Copper	 Shellfish, Nuts, Seeds	Copper deficiency	Anemia, Immune issues
21	Potassium	 Bananas, Potatoes, Legumes	Hypokalemia	Weak muscles, Irregular heartbeat
22	Phosphorus	 Meat, Dairy, Nuts	Hypophosphatemia	Weak bones, Breathing issues
23	Sodium	 Salt, Processed foods	Hyponatremia	Headache, Confusion