

Vitamin Information								
Vitamin	Vitamer Chemical Name	Year of Discovery	Food Source	Solubility	Recommended Dietary Allowance	Deficient Disease	Upper Intake Level (UL/Day)*	Overdose Disease
Vitamin A	Retinol, Retinal, and four carotenoids including beta carotene	1913	Cod Liver Oil	Fat	900 uG	Night Blindness, Hyperkeratosis, and Keratomalacia	3,300 ug	Hypervitaminosis A
Vitamin B1	Thiamine	1910	Rice Bran	Water	1.2 mg	Beriberi, Wernicke-Korsakoff syndrome	Not Determined	Drowsiness or muscle relation with large doses
Vitamin B2	Riboflavin	1920	Meat, Eggs	Water	1.3 mg	Ariboflavinosis	Not Determined	
Vitamin B3	Niacin, Niacinamide	1936	Meat, Eggs, Grains	Water	16.0 mg	Pellagra	35.0 mg	Liver damage (doses >2g/day)
Vitamin B5	Pantheothic Acid	1931	Meat, Whole Grains, in many foods	Water	5.0 mg	Paresthesia	Not Determined	Diarrhea; possibly nausea and heartburn
Vitamin B6	Pyridoxine, Pyridoxamine, Pyridoxal	1934	Meat, Dairy Products	Water	1.3 - 1.7 mg	Anemia peripheral neuropathy	100 mg	Impairment of proprioception, nerve damage (doses > 100 mg/day)
Vitamin B7	Biotin	1931	Meat, Dairy Products, Eggs	Water	30.0 ug	Dermatitis, enteritis	Not Determined	
Vitamin B9	Folic Acid, Folinic Acid	1941	Leafy Green Vegetables	Water	400 ug	Megaloblast and Deficiency during pregnancy is associated with birth defects, such as neural tube defects	1,000 ug	may mask symptoms of vitamin B12 deficiency
Vitamin B12	Cyanocobalamin, Hydroxycobalamin, Methylcobalamin	1926	Liver, Eggs, Animal Products	Water	2.4 ug	Megaloblastic anemia	Not Determined	Acme-like rash [causality is not conclusively established]
Vitamin C	Ascorbic Acid	1920	Citrus, Most Fresh Foods	Water	90.0 mg	Scurvy	2,000 mg	Vitamin C megadosage
Vitamin D	Cholecalciferol	1920	Cod Liver Oil	Fat	5.0 -10 ug	Rickets and Osteomalacia	50 ug	Hypervitmainosis D
Vitamin E	Tocopherols, Tocotrienols	1922	Wheat Germ Oil, Unrefined Vegetable Oils	Fat	15 mg	Deficiency is very rare, mild hemolytic anemia in newborn infants	1,000 mg	Increased congestive heart failure seen in one large randomized study
Vitamin K	Phylloquinone, Manaquinones	1931	Leafy Green Vegetables	Fat	120 ug	Bleeding Diathesis	Not Determined	Increased coagulation in patients in warfarin

* (male, age 19-70)

Source: Wikipedia