

Water-Soluble Vitamins

Complete the functions and sources for each vitamin.

Vitamin	Functions	Sources
Biotin (vitamin H)		
Folate (folacin, folic acid, vitamin B9)		
Niacin (vitamin B3)		
Pantothenic Acid (vitamin B5)		
Riboflavin (vitamin B2)		
Thiamin (vitamin B1)		

Vitamin B6 (pyridoxine)		
Vitamin B12 (cobalamin)		
Vitamin C (ascorbic acid)		