

# VITAMIN INDEX

## Abbreviations

B<sub>1</sub>  
B<sub>2</sub>  
B<sub>3</sub>  
B<sub>5</sub>  
B<sub>6</sub>  
B<sub>12</sub>  
K<sub>1</sub>

## Vitamin Name

Thiamin  
Riboflavin  
Niacin  
Pantothenic acid  
Pyridoxine  
Cobalamin  
Phylloquinone