

Vitamins & Minerals:

17. What are the 2 classifications of Vitamins? What is the difference?

- **Fat Soluble:**

-
-

Examples:

- Vitamin A –
- Vitamin D –
- Vitamin E –
- Vitamin K –

- **Water Soluble:**

-
-
-

Examples:

- Vitamin C –
- Vitamin B₁ –
- Vitamin B₂ –