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Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence

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body. In addition, vitamins and minerals, especially the B vitamins, vitamin C, iron and magnesium addressed in this review, are mandatory to extract this energy from food and present it in a physiologically usable form. Furthermore, because there is a close interplay between these micronutrients across the successive steps of energy production, all of them should be available simultaneously as the whole system may be slowed down by a lack in a single one of them. While this role in energy production is pivotal, other functions fulfilled by



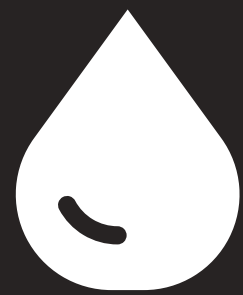
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