

Vitamin Riddles

1. **Riddle**

I calm your nerves and help blood form,
In bananas and fish, I'm the quiet storm.
A numbered letter, I fight mood's sway,
Keeping your brain in balance each day.
What am I?

2. **Riddle**

I'm born in sunlight, strong and bold,
In fish and yolks, my tale is told.
A lettered spark for bones to stand,
I'm the sunshine helper of the land.
What am I?

3. **Riddle**

I help your cells and DNA grow,
In leafy greens, my powers show.
A numbered letter, I aid new life,
For mothers-to-be, I ease the strife.
What am I?

4. **Riddle**

I keep your hair and nails in bloom,
In eggs and seeds, I quietly groom.
A numbered letter, my name's a spark,
For beauty's strength, I leave my mark.
What am I?

5. **Riddle**

I fight off colds and heal your skin,
In oranges and berries, I begin.
A single letter, I boost your fight,
Keeping immunity strong and bright.
What am I?

6. **Riddle**

I shield your cells from damage deep,
In nuts and oils, my strength I keep.
A single letter, I guard with care,
For heart and skin, I'm always there.

What am I?

7. **Riddle**

I fuel your nerves to keep them spry,
In whole grains and pork, I'm never shy.
A numbered letter, I fight fatigue's call,
Without me, weakness might make you fall.
What am I?

8. **Riddle**

I help your blood to clot and mend,
In kale and spinach, I'm a friend.
A letter less known, but vital still,
I stop the bleed with quiet skill.
What am I?

9. **Riddle**

I turn your food to energy's stream,
In meat and nuts, I'm part of the team.
A numbered letter, I ease your strife,
Flushing skin if you take too much life.
What am I?

10. **Riddle**

I guard your nerves and blood's red tide,
In meat and dairy, I reside.
A numbered letter, I'm the final one,
Without me, anemia might overrun.
What am I?

11. **Riddle**

I'm in every cell, helping stress unwind,
In avocados and grains, I'm not hard to find.
A numbered letter, I aid your core,
For metabolism, I'm the one to explore.
What am I?

12. **Riddle**

I sharpen your sight in the dimmest glow,
In carrots and spinach, I help eyes grow.
For skin and vision, I'm a vital spark,
A single letter lights up the dark.
What am I?

13. Riddle

I help your cells turn food to might,
In milk and eggs, I shine so bright.
With a number low, I aid your glow,
A lettered spark for energy's flow.
What am I?

Answers (for verification):

1. Vitamin B6
2. Vitamin D
3. Vitamin B9
4. Vitamin B7
5. Vitamin C
6. Vitamin E
7. Vitamin B1
8. Vitamin K
9. Vitamin B3
10. Vitamin B12
11. Vitamin B5
12. Vitamin A
13. Vitamin B2