

Vitamin Common Name Functions Symptoms Of

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Vitamin Common Name Functions Symptoms

VITAMIN COMMON NAME FUNCTIONS SYMPTOMS OF DEFICIENCY THIAMIN Vitamin B1 Helps the body's cells convert carbohydrates into energy. It is also essential for the functioning of the heart, muscles, and nervous system. Weakness, fatigue, psychosis, and nerve damage.

VITAMIN COMMON NAME FUNCTIONS SYMPTOMS OF

Deficiency Symptoms of Vitamin A. Night blindness; Xerophthalmia; Keratinisation of epithelial tissue; Skeletal growth retardation; Susceptibility of infection; Nervous debility; Dry skin, diarrhea; Daily Requirement of Vitamin A: 5000 IU in adult and 6000-8000 IU in children;

Vitamins : Classification, Functions and Deficiency Symptoms

most common symptoms are dry, cracked and scaly skin; pellagra, a condition characterized by dermatitis, diarrhea and dementia; feeling of lassitude or weariness; muscular weakness; loss of appetite; indigestion or gastrointestinal disturbances; depression, irritability, anxiety or confusion; severe deficiency can cause dementia.

Vitamin Chart :: Vitamin Deficiency Symptoms, Benefits ...

In humans there are 13 vitamins: 4 fat-soluble (A, D, E and K) and 9 water-soluble (vitamin C and 8 B vitamins) Vitamins: Chemical Names: Functions: A: Beta-carotene; Retinol: to promote good vision and to form and maintain healthy teeth, skeletal and soft tissue, mucous membranes, and skin. Vitamin A acts as an antioxidant and is a fat-soluble ...

vitamins, their chemical names and functions

RETINOLIDS AND CAROTENE (vitamin A; includes retinol, retinal, retinyl esters, and retinoic acid and are also referred to as "preformed" vitamin A. Beta carotene can easily be converted to vitamin A as needed.); Essential for vision Lycopene may lower prostate cancer risk. Keeps tissues and skin healthy. Plays an important role in bone growth and in the immune system.

Listing of vitamins - Harvard Health

B vitamins are a group of eight related nutrients. This article takes a close look at all of the B vitamins, including their functions, sources, and deficiency symptoms. We also discuss the best ...

Types of B vitamins: Functions, sources, and deficiencies

Symptoms include numbness or tingling of the extremities and an abnormal gait. Vitamin C (ascorbic acid) Vitamin C is needed to form collagen, a tissue that helps to hold cells together. It's essential for healthy bones, teeth, gums, and blood vessels.

VITAMINS AND MINERALS CHART

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Vitamin C deficiency causes scurvy. Symptoms include fatigue, mood swings, joint pain, dry skin, weight loss, bruising, muscle pain, dental problems, dry hair, and infection. Oranges are an abundant source of Vitamin C.

Vitamin Functions, Deficiency Symptoms & Natural Sources ...

Getting enough, but not too much, vitamin D is needed to keep your body functioning well. Vitamin D helps with strong bones and may help prevent some cancers. Symptoms of vitamin D deficiency can include muscle weakness, pain, fatigue and depression. To get enough D, look to certain foods, supplements, and carefully planned sunlight.

Vitamin D Deficiency: Symptoms & Treatment

Vitamin E is essential, and it is stored in the liver before being released into the bloodstream. Deficiency is rare and usually the result of an underlying condition. Low levels can lead to ...

Vitamin E deficiency: What are the signs?

Vitamin A is a fat-soluble nutrient that plays a vital role in your body. This article discusses vitamin A, including its benefits, food sources, as well as effects of deficiency and toxicity.

Vitamin A: Benefits, Deficiency, Toxicity and More

Pantothenic acid gets its name from the Greek root pantos, meaning "everywhere," because it is available in a wide variety of foods. However, the vitamin B5 in foods is lost during processing. Fresh meats, vegetables, and whole unprocessed grains have more vitamin B5 than refined, canned, and frozen food.

Vitamin B5 (Pantothenic acid) Information | Mount Sinai ...

Vitamin B6 (Pyridoxine) Deficiency. Symptoms include cheilosis, glossitis, stomatitis, dermatitis (all similar to vitamin B2 deficiency), nervous system disorders, sleeplessness, confusion, nervousness, depression, irritability, interference with nerves that supply muscles and difficulties in movement of these muscles, and anemia.

All About Vitamins & Minerals | Precision Nutrition

Vitamin B5, also called pantothenic acid, is one of the most important vitamins for human life. It's necessary for making blood cells, and it helps you convert the food you eat into energy.

Vitamin B5 (Pantothenic Acid) - Healthline

Some of the most common vitamin K deficiency symptoms include excessive bleeding, easy bruising, bone loss and heavy or painful menstrual periods. Changing up your diet and/or using supplementation can help ensure that you're getting the vitamin K that you need to prevent a deficiency.

Vitamin K Deficiency Symptoms, Causes and Natural Remedies ...

Overview Information Pantothenic acid is a vitamin, also known as vitamin B5. It is widely found in both plants and animals including meat, vegetables, cereal grains, legumes, eggs, and milk.