VITAMINS CHART



VITAMIN

(FAT SOLUBLE)

Normal Growth and Development, Normal Night Vision & Healthy Epithelium, Anti-Infective Deficiency loads to: Retarded Growth, Night Blindness, Discassed Epithelium, Dry Scaly Skin, Colds, Bronchits, Disrrhoea

Xerophthalmia



B₁₂

(WATER SOLUBLE)

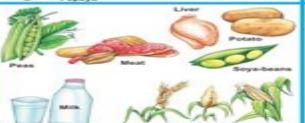
for Red Blood Cells, Nitrogen Metabolism, Healthy Nervous Tissue.

Deficiency leads to Pernicious anaemia.



VITAMIN B1 (WATER SOLUBLE)

Growth, Appetite
Normal Intestinal
Function, Nerve and
Muscle Function.
Deficiency leads to:
Beriberi, Loss in Weight,
Loss of Appetite,
Enervation, Defective
Cartiohydrate
Metabolism

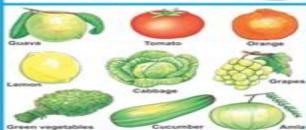


VITAMIN

(WATER SOLUBLE)

Healthy Growth, Good Gum & Teeth, Sound Blood-vessels, Rapid Healing, Resistance against Flu & Colds.

Deficiency leads to : Scury, Swoolen Gums, Bursting of Blood capillaries.



VITAMIN B2

(WATER SOLUBLE) for Growth, Healthy Skin,

Mouth & Eyes.
Deficiency leads to:
Retarded Growth, Dim
Vision, Photophobia.
Keratits, Bistered
Tongue, Premature
Senility.



D

(FAT SOLUBLE)

Froper Utilization of Calcium & Phosphorus Formation of Bones and teeth. Deficiency leads to : Rickets, Poor Growth, Weak Teeth & Bones.



VITAMIN

(P.P Factor) (WATER SOLUBLE)

Proper Carbohydrate Metabolism, Nervous System.

Deficiency leads to : Pellagra, Glossitis Dermatitis, Psychosis, Diarrhoea.



VITAMIN

Tooth Decay.

(FAT SOLUBLE)

for Normal Reproduction.

Deficiency leads to : Sterility, Muscular Panalysis.



WATER SOLUBLE)

for Proper Metabolism of

Amino Acids, Disease - Resistance, Anti-Emetic.

Deficiency leads to : Anaemia, Atrophied Lymph Tissues, Poor Resistance against Dispases.



(FAT SOLUBLE)

for Normal Blood Coagulation, and Liver Functioning.

Deficiency leads to : Haemorrhage.



Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements

O García

 ${\bf Nutrients}~{\bf Az}~{\bf A}~{\bf Users}~{\bf Guide}~{\bf To}~{\bf Foods}~{\bf Herbs}~{\bf Vitamions}~{\bf Minerals}~{\bf And}~{\bf Supplements};$

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