

VITAMINS CHART



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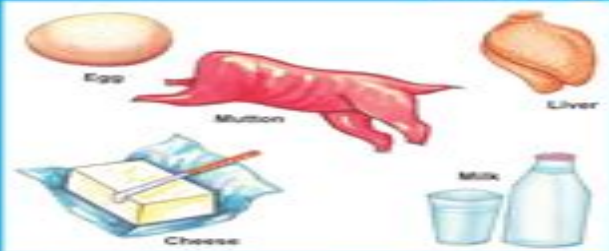
VITAMIN A

(FAT SOLUBLE)
for
Normal Growth and Development,
Normal Night Vision
& Healthy Epithelium,
Anti-Infective.
Deficiency leads to :
Retarded Growth,
Night Blindness,
Diseased Epithelium,
Dry Scaly Skin, Colds,
Bronchitis, Diarrhoea,
Xerophthalmia.



VITAMIN B₁₂

(WATER SOLUBLE)
for
Red Blood Cells,
Nitrogen Metabolism,
Healthy Nervous
Tissue.
Deficiency leads to
Pernicious anaemia.



VITAMIN B₁

(Vitamin F)
(WATER SOLUBLE)
for
Growth, Appetite
Normal Intestinal
Function, Nerve and
Muscle Function.
Deficiency leads to :
Beriberi, Loss in Weight,
Loss of Appetite,
Enervation, Defective
Carbohydrate
Metabolism.



VITAMIN C

(WATER SOLUBLE)
for
Healthy Growth, Good
Gum & Teeth, Sound
Blood-vessels, Rapid
Healing, Resistance
against Flu & Colds.
Deficiency leads to :
Scurvy, Swollen Gums,
Bursting of Blood
capillaries.



VITAMIN B₂

(Vitamin G)
(WATER SOLUBLE)
for
Growth, Healthy Skin,
Mouth & Eyes.
Deficiency leads to :
Retarded Growth, Dim
Vision, Photophobia,
Keratitis, Blistered
Tongue, Premature
Senility.



VITAMIN D

(FAT SOLUBLE)
for
Proper Utilization of
Calcium & Phosphorus
Formation of Bones
and teeth.
Deficiency leads to :
Rickets, Poor Growth,
Weak Teeth & Bones,
Tooth Decay.



VITAMIN B

(P.P Factor)
(WATER SOLUBLE)
for
Proper Carbohydrate
Metabolism, Nervous
System.
Deficiency leads to :
Pellagra, Glossitis,
Dermatitis, Psychosis,
Diarrhoea.



VITAMIN E

(FAT SOLUBLE)
for
Normal Reproduction.
Deficiency leads to :
Sterility, Muscular
Paralysis.



VITAMIN B₆

(WATER SOLUBLE)
for
Proper Metabolism of
Amino Acids,
Disposal - Resistance,
Anti-Emetic.
Deficiency leads to :
Anaemia, Atrophied
Lymph Tissues, Poor
Resistance against
Diseases.



VITAMIN K

(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

Ying Liu



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