VITAMINS CHART



VITAMIN

(FAT SOLUBLE)

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

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.

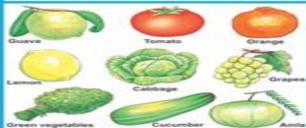


VITAMIN

(WATER SOLUBLE)

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

Deficiency leads to : Souny, Swoollen Gums, Bursting of Blood capillaries.



VITAMIN B2

(Vitamin G) (WATER SOLUBLE) for

Growth, Healthy Skin, Mouth & Eyes. Deficiency leads to : Retarded Growth, Dim.

Deficiency leads to : Retarded Growth, Din Vision, Photophobia, Keratitis, Blistered Tongue, Premature Senility.

VITAMIN

(FAT SOLUBLE)

for Proper 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.



Custand-Applie

£99

VITAMIN

Tooth Decay.

(FAT SOLUBLE)

for Normal Reproduction.

Deficiency leads to : Sterility, Muscular Panalysis.



B6

(WATER SOLUBLE)
for
Proper Metabolism of

Amino Acids, Disease - Resistance, Anti-Emetic.

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



VITAMIN

(FAT SOLUBLE)

Normal Blood Coagulation, and Liver Functioning.

Deficiency leads to : Haemorrhage.



M Lipman

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

- 1. Understanding the eBook Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - o The Rise of Digital Reading Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Personalized Recommendations
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements User Reviews and Ratings
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements and Bestseller Lists

- 5. Accessing Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements Free and Paid eBooks
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements Public Domain eBooks
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements eBook Subscription Services
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements Budget-Friendly Options
- 6. Navigating Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements eBook Formats
 - o ePub, PDF, MOBI, and More
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements Compatibility with Devices
 - Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Highlighting and Note-Taking Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Interactive Elements Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
- 8. Staying Engaged with Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
- 9. Balancing eBooks and Physical Books Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Setting Reading Goals Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Carving Out Dedicated Reading Time

- 12. Sourcing Reliable Information of Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Fact-Checking eBook Content of Nutrients Az A Users Guide To Foods Herbs Vitamions Minerals And Supplements
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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