

# 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 B<sub>12</sub>

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



## VITAMIN B<sub>1</sub>

(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 B<sub>2</sub>

(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 B<sub>6</sub>

(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

**M Lipman**



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