

Vitamin / Mineral	Deficiency disease	Symptoms
Vitamin A	Loss of Vision	Poor Vision
Vitamin B1	Beriberi	Weak muscles
Vitamin C	Scurvy	Bleeding gums
Vitamin D	Rickets	Soft and bent Bones
Calcium	Bone and tooth decay	Weak Bones, Tooth Decay
Iodine	Goiter	Swollen Glands in the neck
Iron	Anaemia	Weakness

Nutritional Imbalances In Infant And Adult Disease

Mineral Vitamin D And Cholesterol

Yi-Tong Ma



Nutritional Imbalances In Infant And Adult Disease Mineral Vitamin D And Cholesterol:

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