Nutritional biochemistry of the vitamins

D.A. BENDER

Nutritional Biochemistry Of The Vitamins

George F.M. Ball

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Nutritional Biochemistry of the Vitamins David A. Bender, 2003-09-18 The vitamins are a chemically disparate group of compounds whose only common feature is that they are dietary essentials that are required in small amounts for the normal functioning of the body and maintenance of metabolic integrity Metabolically they have diverse function as coenzymes hormones antioxidants mediators of cell signaling and regulators of cell and tissue growth and differentiation This book explores the known biochemical functions of the vitamins the extent to which we can explain the effects of deficiency or excess and the scientific basis for reference intakes for the prevention of deficiency and promotion of optimum health and well being It also highlights areas where our knowledge is lacking and further research is required It provides a compact and authoritative reference volume of value to students and specialists alike in the field of nutritional biochemistry and indeed all who are concerned with vitamin nutrition deficiency and metabolism The Vitamins Gerald F. Combs Jr., James P. McClung, 2022-02-24 The Vitamins Fundamental Aspects in Nutrition and Health Sixth Edition presents both overviews and in depth discussions of the sources chemistry metabolism and functions of these essential nutrients in physiology and health Sections cover perspectives history of discovery general properties and impacts individual Vitamins their respective chemistries metabolism and their dietary sources and global needs In addition the inclusion and interpretation of recent clinical research findings relevant to all vitamins particularly vitamins A D E K C thiamin folate and vitamin B12 is included along with an expanded discussion on single carbon metabolism implications to neuropathies and more Presents complete information about vitamins in a format useful as both a teaching text and desk reference Includes coverage of vitamin related topics not typically found in general nutrition texts e g enteric microbial biosynthesis of vitamins global prevalence of deficiencies diagnosing silent asymptomatic vitamin deficiencies histories of vitamin discoveries Contains useful appendices of key reference information e g vitamin requirements of humans and animals vitamin contents of foods sources of vitamin information Handbook of Vitamins Janos Zempleni, John W. Suttie, Jesse F. Gregory III, Patrick J. Stover, 2013-07-29 Within the last few years knowledge about vitamins has increased dramatically resulting in improved understanding of human requirements for many vitamins This new edition of a bestseller presents comprehensive summaries that analyze the chemical physiological and nutritional relationships as well as highlight newly identified functions for a Nutrition - E-Book Catherine Geissler, Hilary Powers, 2010-10-04 This title is now available under ISBN 9780702044632 This 12th edition of Human Nutrition has been fully updated by a renowned team of international experts to ensure to ensure authoritative content and a global perspective It provides a comprehensive resource for all those in the field of nutrition and other health sciences Comprehensive coverage of nutrition in one concise volume with additional material and interactive exercises on website A similar logical chapter structure throughout and textbook features in each chapter learning objectives key point summaries and text boxes facilitate learning and revision Incorporates latest research for example on organic foods

and sustainable agriculture Team of contributors of international repute from 11 countries guarantees authoritative text New chapter on dietary reference values N New section on electrolytes and water balance Expanded section on HIV Website updating between editions online only chapters on food commodities e g cereals vegetables and fruit meat fish egg milk and milk products online examples of calculations and interactive exercises The Vitamins Gerald F. Combs Jr., 2007-10-30 The third edition of this bestselling text will again provide the latest coverage of the biochemistry and physiology of vitamins and vitamin like substances Extensively revised and expanded on the basis of recent research findings with enlarged coverage of health effects of vitamin like factors it is ideally suited for students and an important reference for anyone interested in nutrition food science animal science or endocrinology It contains a cohesive and well organized presentation of each of the vitamins as well as the history of their discoveries and current information about their roles in nutrition and health NEW TO THIS EDITION Includes approximately 30% new material Substantial updates have been made to chapters on vitamins A C E K folate and the quasi vitamins Provides checklists of systems affected by vitamin deficiencies and food sources of vitamins Key concepts learning objectives vocabulary case studies study questions and additional reading lists are included making this ideally suited for students Thoroughly updated with important recent research results including citations to key reports many added tables and several new figures Addition of Health and Nutrition Examination Survey HANES III data Updated The Vitamins Gerald F. Combs, 2012-03-09 The fourth edition of this bestselling book continues Dietary Reference Values to provide the latest coverage of the biochemistry and physiology of vitamins and vitamin like substances Cross cutting health related themes present insights into the use of vitamins not just for general nutritional balance but with emphasis on their roles in the prevention and or treatment of specific health issues such as inflammatory diseases overweight and immune function Information is presented to address the roles of vitamins in gene expression and epigenetics providing important information in the further development of personalized medical treatments and establishing appropriate dietary programs based on individual genetic profiles Those working in nutrigenomic and pharmaceutical developments will use the information to identify potential benefits of vitamins alone or in combination Page 4 of cover Handbook of Vitamins Janos Zempleni, John W. Suttie, Jesse F. Gregory III, Patrick J. Stover, 2013-07-29 Within the last few years knowledge about vitamins has increased dramatically resulting in improved understanding of human requirements for many vitamins This new edition of a bestseller presents comprehensive summaries that analyze the chemical physiological and nutritional relationships as well as highlight newly identified functions for a *Vitamins & Supplements For Dummies Shelley B.* Weinstock, 2025-06-19 Confused by vitamins and supplements Look no further this honest guide answers your biggest questions Vitamins Supplements For Dummies will teach you how to choose the best vitamins minerals and supplements to provide nutrition for your mind and body Inside you ll find easy to follow explanations of what key vitamin and minerals do so you can make the right choices for your needs Factors like age lifestyle gender ethnicity diet and habits all play a role in

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