

Vitamins Chart (Speedy Study Guide)

Speedy Study Guides VITAMINS CHART			
Name Vitamin A (Retinol)	Main sources Cod liver oil, liver, butter, milk products, butter, milk, as provitamin A in carrots	Effectiveness Normal growth, function and protection of skin, eyes and mucous membranes	Lack Growth stop, night blindness
Characteristics Improved vision, headaches, rashes, vertigo, dryness, skin change	Increased need Smoker, vegetarians in case of high alcohol consumption, intake of carbam, birth control pill, antibiotics	Characteristics Fat soluble, light and oxygen sensitive	Daily need approx. 1 - 5mg
Name Vitamin B1 (Thiamine)	Main sources Wheat germ, wholemeal cereals, peas, lentils, pork, beans, oatmeal, liver, brown rice	Effectiveness Important for the nerve system, liver damage, deficiency pregnant, muscular protection (high alcohol) production of energy, affects the carbohydrate metabolism, important for the thyroid function	Lack Heavy muscle and nerve disturbances, loss of consciousness, dizziness, dropping cardiac insufficiency, orange, paralysis, prickles in arms and legs
Characteristics water	Increased need Beer, pork, pregnant and nursing women, alcohol consumption, intake of birth control pill, antibiotics, chemotherapy	Characteristics Water-soluble, Thiamine gets destroyed by heat and long storage, but not by freezing, daily intake of vitamin B1 is important, because the body can't store B1, which comes over the food	Daily need approx. 2mg (10 carbohydrates packed nutrition some more)
Name Vitamin B2 (Riboflavin)	Main sources Milk products, meat, wholemeal cereal, cheese, eggs, liver, sea fish, green leafy vegetables, wheat powder	Effectiveness Important for body growth, metabolism of fat, protein and carbohydrates, well for skin, eyes and nails, important energy for organs, organs, energy	Lack Greasy skin inflammation, brittle nails, seborrhea, cataract, atrophy
Characteristics not known	Increased need Pregnancy, intake of birth control pill and antibiotics, chemotherapy, liver, smokers, old people	Characteristics Water-soluble, food with Vitamin B2 should be stored cool and dark	Daily need approx. 2 mg
Name Vitamin B3 (Nicotin, Nicotinic acid)	Main sources Beans, peanuts, peas, liver, poultry, fish, liver meat	Effectiveness Building and degradation of fat, protein and carbohydrates, good sleep	Lack Skin and mucous inflammation, headache, vomiting, vertigo, sleep disturbance, depression
Characteristics (with over 100mg a day)	Increased need Lactin, liver, nursing women	Characteristics Water-soluble	Daily need 13 - 15 mg

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Reviews

The book is fantastic and great. It is rally exciting throgh looking at period of time. Your way of life period will likely be change when you full reading this publication.
(Elijah Kuphal)

VITAMINS CHART (SPEEDY STUDY GUIDE)

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