

Vitamins Chart (Speedy Study Guide)

VITAMINS CHART			
Name	Main source	Effectiveness	Deficiency
Vitamin A (Retinol)	Cod liver oil, liver, butter, milk products, butter, yolk, as provitamin A in carrots	Normal growth, function and protection of skin, eyes, and mucous membranes	Growth stop, night blindness
Describing	Increased need: pregnancy, in case of high alcohol consumption, intake of contraceptive, birth control pill, antibiotic	Characteristics: fat soluble, light and oxygen sensitive	Daily need: approx. 1 - 5 mg
Name	Main source:	Effectiveness:	Deficiency:
Vitamin E (Tocopherol)	Wheat germ, wholemeal bread, green peas, liver, pork, lamb, carrots, nuts, brown rice	Important for the nerve function, reproduction, menses, pregnancy, mosquito protection (fights against free radicals), affects the carbohydrate metabolism, important for the immune system	Heavy muscle and nerve damage, cramps, convulsions, dyspepsia, diarrhea, constipation, anaemia, paralysis, prickly in arms and legs
Describing	Increased need:	Characteristics:	Daily need:
Iron	Steak, poultry, pregnant and nursing women, alcohol, intake of contraceptive, birth control pill, antibiotic, chemotherapy, liver, smoking, old people	Water-soluble. Vitamin gets destroyed by heat and long cooking. Daily intake of vitamin E is important, because the body can't store E, which comes over the food	approx. 20g (M) carbohydrate packed nutrition source (more)
Name	Main source:	Effectiveness:	Deficiency:
Vitamin B1 (Thiamine)	Milk products, Meat, wholemeal cereal, cheese, eggs, liver, sea fish, green leafy vegetables, whole grain	Important for body growth, synthesis of fat, protein and carbohydrates, also for energy, appetite, heart, important energy bringer, oxygen transport	nerve (skin) inflammation, brittle nails, anaemia, calf cramps
Describing	Increased need:	Characteristics:	Daily need:
not known	Pregnancy, intake of birth control pill and antibiotic, chemotherapy, liver, smoking, old people	Water-soluble, food with Vitamin B1 should be stored cool and dark	approx. 2 mg
Name	Main source:	Effectiveness:	Deficiency:
Vitamin B3 (Niacin, Nicotinic acid)	Beef, peanuts, peas, beans, poultry, fish, lean meat	Building and degradation of fat, protein and carbohydrate, good sleep	dry and cracked skin, inflammation, headache, tinnitus, vertigo, sleep disturbances, depression
Describing	Increased need:	Characteristics:	Daily need:
Teeth over 10 (high a-day)	Lobster, shrimp, mussels, oysters	Water-soluble	15 - 30 mg

Filesize: 7.96 MB

Reviews

The book is fantastic and great. It is rally exciting throgth 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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