

Vitamins Chart (Speedy Study Guide)

Speedy Study Guides			
VITAMINS CHART			
Name	Main sources	Effects/benefits	Lack
Vitamin A (Retinol)	Carrot, liver oil, liver, halibut, milk products, butter, yolk, as perovitamin A in carrots	Nervous growth, function and protection of skin, eyes and mucous membranes	Growth stop, night blindness
Characteristics	Increased need: Smoker, vegetarians, in case of high alcohol consumption, intake of carbonic, herb, mineral pill, antibiotics	Characteristics: Fat soluble, light and oxygen sensitive	Daily need: approx. 1 - 5mg
Name	Main sources	Effects/benefits	Lack
Vitamin B1 (Thiamin)	Whole grains, wholemeal cereals, peas, lentil, pork, beans, cabbage, liver, brown rice	Important for the nervous system, liver damage, insufficiently pregnancy, metabolic production (high blood) production of energy, affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disturbances, beriberi, dyspraxia, dizziness, cardiac insufficiency, neuropathy, paralysis, irritability in arms and legs
Characteristics	Increased need: Beer, pork, pregnant and nursing women, alcohol consumption, intake of birth control pill, antibiotics, chemotherapy	Characteristics: Water-soluble, Thiamin 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 only from food	Daily need: approx. 2mg (in carbohydrate-poor diet nutrition some more)
Name	Main sources	Effects/benefits	Lack
Vitamin B2 (Riboflavin)	Milk products, meat, wholemeal cereal, cheese, egg, liver, sea fish, green leafy vegetables, wheat powder	Important for body growth, metabolism of fats, protein and carbohydrates, well for skin, eyes and nails, important energy for night, night, night	(rarely) skin inflammation, brittle nails, weakness, cataract
Characteristics	Increased need: Pregnancy, intake of birth control pill and antibiotics, chemotherapy, liver, smoker, old people	Characteristics: Water-soluble, food with Vitamin B2 should be stored cool and dark	Daily need: approx. 2 mg
Name	Main sources	Effects/benefits	Lack
Vitamin B3 (Nicotin, Nicotinic acid)	Beans, peanuts, peas, liver, poultry, fish, liver, meat	Building and degradation of fat, protein and carbohydrates, good sleep	Skin and mucous inflammation, headache, vomiting, vertigo, sleep disturbances, depression
Characteristics	Increased need: Lactin, liver, nursing women	Characteristics: Water-soluble	Daily need: 13 - 15 mg

Filesize: 4.23 MB

Reviews

It in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.
 (Aisha Swift)

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