

vitamin power a users pdf

Vitamin A pdf Vitamin A AT A GLANCE Introduction Vitamin A is a group of fat-soluble compounds that can be differentiated into two categories, depending on whether the food source is an animal or a plant: â€¢ Vitamin A found in foods that come from animals is called preformed vitamin A or retinol;

Vitamin A pdf - nutri-facts.org

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ï,ÿ Helps calcium and iron absorption ï,ÿ Enhances immunity Citrus fruits (mandarin, orange, grapefruit, lemon), strawberry, black current, kiwi fruit, tomato, green leafy vegetables, green pepper ï,ÿ Scurvy ï,ÿ Gum inflammation and bleeding, fall of teeth.

Vitamin Function Food sources Symptom of deficiency excess

Vitamin A. Vitamin A is a group of compounds--beta carotene and retinol among them--important in immune function, vision, bone growth and cell division. Fruits and vegetables provide vitamin A in the form of beta carotene and other carotenoids. Vitamin A from animal sources comes as retinol.

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Vitamin D. This vitamin is actually a hormone made in the skin. UV rays from sunlight trigger its synthesis. Thus dark-skinned people, those who are rarely outdoors, those living in northern latitudes and older adults must be especially careful to get adequate vitamin D from food or supplements.

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Vitamin A is essential for vision and the integrity of some parts of the eye's structure. It is converted within the body from retinol (an alcohol) to retinal (an aldeÂ- hyde) which then forms several light-sensitive pigments essential to the eye's retina (the back part of the eye that receives the image).

Vitamins and Minerals: Help or Harm? - Nutriwatch

Chapter 7 VITAMINS M.G.Rajanandh, Dept. of Pharmacy Practice, SRM College of Pharmacy, SRM University. What are vitamins ? â€¢ Nutrients that our body does not make on its own. Thus we must obtain them from the foods we eat, or via vitamin supplements. They are essential for providing ...

Chapter 7 VITAMINS - Indiaâ€™s Premier Educational Institution

allicin and vitamin C in patients with heart disease are underway, as are studies looking at antimicrobial activity. Peter Josling in this book shows how allicin is made and why the addition of vitamin C and bioflavonoids improves the activity and increases the benefits seen in patients. Vitamin C is well known for preventing and treating colds

Allicin and - Turtlecreek Products

Vitamin A deficiency may result from : - Dietary insufficiency of Vitamin A / Precursors - Interference with absorption from intestines. eg: diarrhoea, malabsorption syndrome, bile salt deficiency - Defect in the transport due to protein malnutrition â€“ â€“Kwashiorkorâ€™ - Defect in the storage due to diseases of liver - â€“Cirrhosisâ€™

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