

Vitamins Chart (Speedy Study Guide)

Speedy Study Guides			
VITAMINS CHART			
Name	Main occurrence	Effectiveness	Lack
Vitamin A (Retinol)	Cod liver oil, liver, kidney, milk products, butter, yolk, as pro-vitamin A in carrots	Normal growth, function and protection of skin, eyes and mucous membrane	Growth stop, night blindness
Overdosing	Impaired vision, headache, nausea, vomiting, soreness, skin change	Increased need	Characteristics
	Smokers; vegetarians, in case of high alcohol consumption, intake of carburets, birth control pill, antibiotics	Fat soluble, light and oxygen sensitive	Early need
			approx. 1 - 5mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B1 (Thiamin)	Whole grains, wholemeal cereals, pork, liver, yeast, rice	Important for the nerve system, liver damage, inefficiency, prograde, megakilo production (high-dosed), production of energy affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disturbances, tenderness, dyspepsia, dryness, cardiac insufficiency, ataxia, paralysis, grickle in arms and legs
Overdosing	None	Increased need	Characteristics
	Beer, youth, pregnant and nursing women, alcohol consumption, intake of birth control pill, antibiotics, chemotherapy	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 over the food	Early need
			approx. 2mg (40 carbohydrate-packed nutrition score score)
Name	Main occurrence	Effectiveness	Lack
Vitamin B2 (Riboflavin)	Milk products, meat, wholemeal cereal, cheese, eggs, liver, sea fish, green leafy vegetables, wheat powder	Important for body growth, activation of lip, protein and carbohydrates, well for skin, eyes and nails, important energy transport	(rarely) skin inflammation, brittle nails, anemia, cataract formation
Overdosing	None	Increased need	Characteristics
	Pregnancy, intake of birth control pill and antibiotics, chemotherapy, liver, alcohol, old people	Water soluble, food with Vitamin B2 should be stored cool and dark.	Early need
			approx. 2 mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B3 (Nicotin, Nicotinic acid)	Beef, poultry, peas, liver, poultry, fish, lean meat	Building and degradation of fat, protein and carbohydrates, good sleep	Skin and mucous inflammation, headache, vomiting, vertigo, sleep disturbance, depression
Overdosing	None	Increased need	Characteristics
	[with over 100mg a day] Liver, liver, nursing women	Water soluble	Early need
			15 - 16 mg

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Reviews

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VITAMINS CHART (SPEEDY STUDY GUIDE)



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