

Vitamins Chart (Speedy Study Guide) (Paperback)

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	Increased need	Characteristics	Fully need
Impaired vision, headache, nausea, vomiting, soreness, skin change	Smokers; vegetarians; in case of high alcohol consumption, intake of carburets, birth control pill, antibiotics	Poor appetite, light and oxygen sensitivity	approx. 1 - 5mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B1 (Thiamin)	Wheat germ, wholemeal cereals, pork, liver, yeast, rice	Important for the nerve system, liver damage, inefficiency, prostracy, megaloblastic anemia (high-dosed), production of energy affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disturbances, tiredness, dyspepsia, dryness, cardiac insufficiency, ataxia, paralysis, grickle in arms and legs
Overdosing	Increased need	Characteristics	Fully need
None	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 does not store it, which comes over the food	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	Increased need	Characteristics	Fully need
Not known	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.	approx. 2 mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B3 (Nicotin, Nicotinic acid)	Bacon, peanuts, 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	Increased need	Characteristics	Fully need
[with over 100mg a day]	Liver, liver, nursing women	Water-soluble	13 - 16 mg

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Reviews

An exceptional pdf as well as the font employed was intriguing to read through. This is certainly for all who stante there was not a worthy of reading through. I am just delighted to inform you that here is the very best publication i actually have go through inside my very own existence and might be he finest pdf for actually.

(Saige Lang)

VITAMINS CHART (SPEEDY STUDY GUIDE) (PAPERBACK)



Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 282 x 216 mm. Language: English . Brand New Book. There is a wide range of vitamins to learn about, and a plethora of information on what these vitamins can do for you. Some vitamins promote a healthy metabolism, some give you a boost of energy, and there are some that are simply good for improving the health of your skin, hair, and nails. A vitamin chart study guide can teach you how to choose a vitamin based on what it does. Whether you are currently going through a nutrition or health class, or you simply are challenging yourself to learn more about health for your own needs, consulting a vitamin chart study guide can help.



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