

Vitamins

Vitamins are essential for a variety of body tissues to grow, and below are the main sources and how important they are to the body, daily maintenance and deficiency symptoms.

1. Vitamin "A" (Retinol)

Essential for normal growth and vitality. Necessary for good sight and healthy skin. It protects the body against diseases, especially of the respiratory system

Valuable Sources:

*Cod liver oil, Whole milk, Curds, butter, Egg yolk,
Pumpkin Carrots, Green leafy vegetables,
Tomatoes, Mango, Papaya, Orange, Melon.*



Recommended Daily Allowances

Adults, 5000 I.U.

Children, 2000 to 4000 I. U.



Deficiency Symptoms:

*Eye infection, Poor vision, Night blindness,
Frequent Colds, Lack of appetite and Skin
disorders.*



Overdose Side effects:

*Loss of appetite, Vomiting, Headache, Dryness of
Skin and Hair loss.*

2. Vitamin "B1" (Thiamine)

Essential for the normal growth of the nervous system. Regulates carbohydrates metabolism, appetite and aids in digestion.

Valuable Sources:

Wheat germ, Brewers yeast, outer layer of rice, wheat and other whole grain, Cereals, Pulses, Nuts, Peas, lime, Legumes, Kidney, Dark green leafy vegetables, Milk, Egg, Banana, Apple



Recommended daily Allowances

Adults- 1.2 to 3.0 mg.

Children- 0.4mg

Deficiency Symptoms

Serious impairment of the Nervous and digestive system, Neuritis, Beriberi, Weight loss, Diabetes, Mental depression and weakness of the heart.



Side effects of overdose

*Rapid Heartbeat, low blood pressure, Restlessness
and Trembling.*

3. Vitamin B2

Essential for growth and General health, Healthy eyes, Skin, Nails and hair.

Valuable sources

*Green leafy vegetables, Milk, Cheese, Wheat germ,
Egg, Citrus fruits, Banana, Tomato, brewers
yeast, Almonds and sunflower seeds.*



Recommended Daily Allowances

Adults - 1.6 to 2.6 mg

Children - 0.6 to 1.0 mg

Deficiency Symptoms

*Burning sensation in the legs, lips and tongue,
Cracking at the angles of the mouth, Cracks on
heels, Premature wrinkles and Eczema.*



Overdose Symptoms

Itching and tingling in the extremities

4. Vitamin B3 (Niacin/nicotinic acid)

Essential for proper circulation, healthy functioning of the Nervous system and proper protein and carbohydrate metabolism



Valuable Sources:

Yeast, Liver, Fish, Whole wheat, Green leafy vegetables, tomatoes, Nuts, Sunflower seeds and Peanuts.



Recommended Daily Allowances

Adults - 12 to 20 mg.

Children - 4.8 to 12 mg



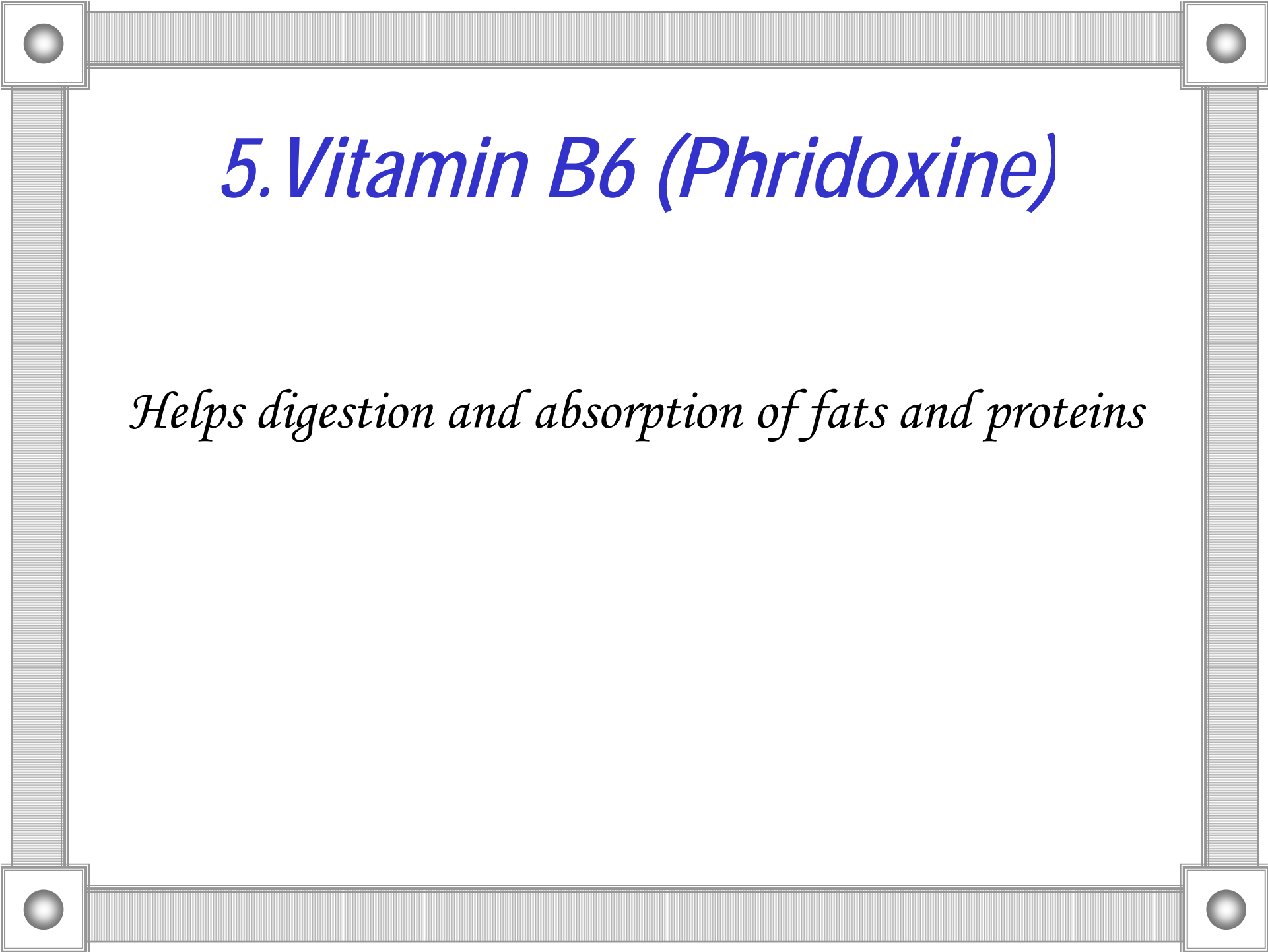
Deficiency symptoms

Pellagra, Diarrhea, Insomnia, anemia and mental disorders.



Overdose side effects

Nausea, Vomiting, flashes and Tingling Sensation.



5. Vitamin B6 (Phridoxine)

Helps digestion and absorption of fats and proteins



Valuable sources

*Liver, Rice, Milk, Brewers yeast, Cereals, Legumes,
Meat, green leafy vegetables, Carrots and
Peanuts.*



Recommended Daily Allowances

Not Defined



Deficiency symptoms

*Anemia, Skin disorders, Migraine, kidney stones and
Mental disturbances.*



Overdose Side effects

Not established

6. Vitamin B12 (Cynocobalamin)

Essential for the production of Red blood cells and for several metabolic and enzymatic processes.



Valuable sources

*Milk, Eggs, Liver, Bananas, Peanuts and
Sunflower.*



Recommended Daily Allowances

Not Defined



Overdose Side effects

Not Established

7. Vitamin B9 (Folic acid)

Essential for the growth and division of all body cells, healing processes and protein metabolism.



Valuable sources:

Whole grains, Nuts and green leafy vegetables such as asparagus, green beans and peas.



Recommended Daily Allowances

Not Defined



Deficiency symptoms

Certain types of Anemia, Skin disorders and impaired circulation



Overdose Side effects

Not Established



(8. Vitamin B5 Pantothenic acid)

Aids in normal growth of hair and prevents dermatitis.



Valuable Source

*Wheat germ, whole grain, bread, green vegetables,
peanuts, liver and eggs.*



Recommended Daily Allowances

Not Defined



Deficiency symptoms

*Mental depression, Irritability, Muscular weakness,
Insomnia and skin disorders.*



Overdose Side effects

Not Established

9. Vitamin C (Ascorbic Acid)

Essential for normal growth and maintenance of body tissues especially those of the joints, bones, teeth, and gums. Protects against infection and helps in quick healing of wounds.

Essential for normal development of hemoglobin.

A strong Anti-Oxidant and helps in strengthening the immune system.



Valuable sources

Citrus, Green leafy vegetables, Amia, Sprouted Bengal and Green grams, Oranges, Mangoes and other fruits.



Recommended Daily Allowances

Adults - 250 to 750 mg

Children – 130 to 150mg

Deficiency Symptoms

Scurvy, Anemia, tooth decay, Bleeding gums, Painful and swollen body parts, slow healing of wounds and premature aging and Allergic reactions.



Overdose side effects

Formation of kidney stones, menstrual bleeding in pregnant women, activation of peptic ulcers.

10. Vitamin "D" (Calciferols)

Essential for proper bone and teeth formation and metabolism of Calcium and phosphorus.



Valuable sources

Rays of the sun, fish, milk, butter, eggs and sprouted seeds.



Recommended Daily Allowances

Adults - 400 to 800mg

Children - 400 to 800mg



Deficiency System

*Rickets, Tooth decay, Pyorrhea, Muscular weakness
and deficiencies of bones*

Overdose effects Side

Irritability, Nausea, Vomiting, Constipation, High blood pressure and calcium deposits in arteries.

11. Vitamin "E" (Tocopherols)

Essential for normal reproduction function, fertility and physical vigor. It dilates blood vessels and improves blood circulation.



Valuable sources

Wheat or cereal germ, Whole grain products, Green leafy vegetables, Eggs, Milk and all whole raw or sprouted seeds.



Recommended daily Allowances

Not established



Deficiency Symptoms

*Degeneration of reproduction tissues, Liver diseases
and sluggish blood circulation.*



Overdose side effects

High blood pressure

12. Vitamin "K" (Cobalamins or Phylloquinones)

Necessary for blood clotting and the prevention of bleeding



Valuable sources

*Green leafy vegetables, Spinach, cabbage and
tomatoes.*



Recommended daily Allowances

Not established

Deficiency symptoms

Certain types of Anemia, Skin disorders and impaired blood circulation.

Urge for eating soil or clay.



Overdose side effects

Not Established



The end