

Vitamin Assessment

Vitamin	Diet Recall	Physical Assessment	Lab Measures
Vitamin A	red and orange fruits and vegetables, leafy greens, eggs	dry skin, dry eyes, night blindness, Bitot's spots, poor wound healing	best to measure with retinol binding protein
Vitamin D	fortified dairy and milk alternatives, fortified soy products, some fish (trout, salmon)	osteomalacia and rickets	specifically 25-hydroxyvitamin D, 25(OH)D; note 1,25-dihydroxyvitamin D is the measure of calcitriol and is not related to vitamin D stores
Vitamin E	nuts and seeds, ^{rich} sources ^{of}		best to measure with serum lipids as Vitamin E travels with lipids in the blood
Vitamin K			measured as prothrombin time which is how quickly the blood clots; high PT (longer time to clot) indicate deficiency
Vitamin C			serum levels are not reliable for intake and status
Thiamin (B1)			neurological symptoms are sensitive, even in low levels
Riboflavin (B2)			measured by erythrocyte glutathione reductase activity (EGRac)
Niacin (B3)			may be more reliable status than serum
Pyridoxine (B6)	veg, fruits, grains		can be heavily influenced (falsely low) by inflammation
Biotin (B7)	eggs, fish, meat, seeds, nuts, and certain vegetables (such as sweet potatoes)	rare but can result in hair thinning or loss and brittle nails	can be difficult to measure in blood or urine samples - clinical assessment is important
Folate (folic acid, B9)	dark green leafy vegetables, fruits and juices, nuts, beans, peas; grain products are also fortified	megaloblastic anemia	best measured with B12
B12 (cobalamin)	foods of animal origin, including fish, meat, poultry, eggs, and dairy products; some cereals are fortified	megaloblastic anemia; glossitis of the tongue; fatigue; palpitations; pale skin; dementia; weight loss; and infertility	best measured with folic acid

A+ Dietitian

Micronutrients Study Guide Answers

Wolfgang Guggemos

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Micronutrients Study Guide Answers:

Reviewing **Micronutrients Study Guide Answers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Micronutrients Study Guide Answers**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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