VITAMINS CHART



VITAMIN

(FAT SOLUBLE)

Normal Growth and Development, Normal Night Vision & Healthy Epithelium, Anti-Infective Deficiency loads to : Retarded Growth, Night Blindness, Diseased Epithelium, Dry Scaly Skin, Colds, Bronchits, Diarrhoea

Xerophthalmia



B₁₂

(WATER SOLUBLE)

for

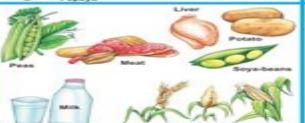
Red Blood Cells, Nitrogen Metabolism, Healthy Nervous Tissue.

Deficiency leads to Pernicious anaemia.



VITAMIN B1 (WATER SOLUBLE)

Growth, Appetite
Normal Intestinal
Function, Nerve and
Muscle Function.
Deficiency leads to:
Beriberi, Loss in Weight,
Loss of Appetite,
Enervation, Defective
Cartiohydrate
Metabolism.

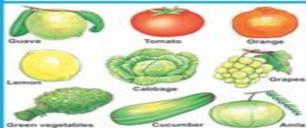


VITAMIN

(WATER SOLUBLE)

Healthy Growth, Good Gum & Teeth, Sound Blood-vessels, Rapid Healing, Resistance against Flu & Colds.

Deficiency leads to : Souny, Swoollen Gums, Bursting of Blood capillaries.



VITAMIN B2

(Vitamin G) (WATER SOLUBLE) for

Growth, Healthy Skin, Mouth & Eyes. Deficiency leads to : Retarded Growth, Dim.

Deficiency leads to : Retarded Growth, Din Vision, Photophobia, Keratitis, Blistered Tongue, Premature Senility.

VITAMIN

(FAT SOLUBLE)

for Proper Utilization of Calcium & Phosphorus Formation of Bones and teeth, Deficiency leads to : Rickets, Poor Growth, Weak Teeth & Bones.



VITAMIN

(P.P Factor) (WATER SOLUBLE)

Proper Carbohydrate Metabolism, Nervous System.

Deficiency leads to : Pellagra, Glossitis Dermatitis, Psychosis, Diarrhoea.



Custand-Applie

£99

VITAMIN

Tooth Decay.

(FAT SOLUBLE)

for Normal Reproduction.

Deficiency leads to : Sterility, Muscular Panalysis.



B6

(WATER SOLUBLE)
for
Proper Metabolism of

Amino Acids, Disease - Resistance, Anti-Emetic.

Deficiency leads to : Anaemia, Atrophied Lymph Tissues, Poor Resistance against Dispases.



VITAMIN

(FAT SOLUBLE)

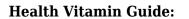
Normal Blood Coagulation, and Liver Functioning.

Deficiency leads to : Haemorrhage.



Health Vitamin Guide

Patrick Vollmar



Enjoying the Tune of Phrase: An Emotional Symphony within **Health Vitamin Guide**

In some sort of used by screens and the ceaseless chatter of instantaneous transmission, the melodic splendor and psychological symphony produced by the prepared term frequently diminish into the back ground, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, set within the pages of **Health Vitamin Guide** a marvelous fictional treasure full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that charming masterpiece conducts viewers on an emotional journey, well unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching examination, we can explore the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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