

# VITAMINS CHART



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## VITAMIN A

(FAT SOLUBLE)  
for  
Normal Growth and Development,  
Normal Night Vision  
& Healthy Epithelium,  
Anti-Infective.  
Deficiency leads to :  
Retarded Growth,  
Night Blindness,  
Diseased Epithelium,  
Dry Scaly Skin, Colds,  
Bronchitis, Diarrhoea,  
Xerophthalmia.



## VITAMIN B<sub>12</sub>

(WATER SOLUBLE)  
for  
Red Blood Cells,  
Nitrogen Metabolism,  
Healthy Nervous  
Tissue.  
Deficiency leads to  
Pernicious anaemia.



## VITAMIN B<sub>1</sub>

(Vitamin F)  
(WATER SOLUBLE)  
for  
Growth, Appetite  
Normal Intestinal  
Function, Nerve and  
Muscle Function.  
Deficiency leads to :  
Beriberi, Loss in Weight,  
Loss of Appetite,  
Enervation, Defective  
Carbohydrate  
Metabolism.



## VITAMIN C

(WATER SOLUBLE)  
for  
Healthy Growth, Good  
Gum & Teeth, Sound  
Blood-vessels, Rapid  
Healing, Resistance  
against Flu & Colds.  
Deficiency leads to :  
Scurvy, Swollen Gums,  
Bursting of Blood  
capillaries.



## VITAMIN B<sub>2</sub>

(Vitamin G)  
(WATER SOLUBLE)  
for  
Growth, Healthy Skin,  
Mouth & Eyes.  
Deficiency leads to :  
Retarded Growth, Dim  
Vision, Photophobia,  
Keratitis, Blistered  
Tongue, Premature  
Senility.



## VITAMIN D

(FAT SOLUBLE)  
for  
Proper Utilization of  
Calcium & Phosphorus  
Formation of Bones  
and teeth.  
Deficiency leads to :  
Rickets, Poor Growth,  
Weak Teeth & Bones,  
Tooth Decay.



## VITAMIN B

(P.P Factor)  
(WATER SOLUBLE)  
for  
Proper Carbohydrate  
Metabolism, Nervous  
System.  
Deficiency leads to :  
Pellagra, Glossitis,  
Dermatitis, Psychosis,  
Diarrhoea.



## VITAMIN E

(FAT SOLUBLE)  
for  
Normal Reproduction.  
Deficiency leads to :  
Sterility, Muscular  
Paralysis.



## VITAMIN B<sub>6</sub>

(WATER SOLUBLE)  
for  
Proper Metabolism of  
Amino Acids,  
Disposal - Resistance,  
Anti-Emetic.  
Deficiency leads to :  
Anaemia, Atrophied  
Lymph Tissues, Poor  
Resistance against  
Diseases.



## VITAMIN K

(FAT SOLUBLE)  
for  
Normal Blood  
Coagulation, and  
Liver Functioning.  
Deficiency leads to :  
Haemorrhage.



# Health Vitamin Guide

**Patrick Vollmar**



## Health Vitamin Guide:

## 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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