

11

Incorrect

You: 00:17

Avg: 00:21

Marks -0.25

Which of the following pairs of vitamins and disease is/are correctly matched?

1. Vitamin K: Rickets
2. Vitamin D: Osteomalacia
3. Vitamin B1: Beri Beri

Select the correct answer using the code given below:

2 and 3 only

50% answered correctly

1 and 2 only

1 and 3 only

All are correct

Your first attempt

Solution

Concept:

- Vitamin is an organic non-protein substance that is required by an organism for normal metabolic function but cannot be synthesized in sufficient quantity by that organism.
- These can be divided into two categories: **fat-soluble and water-soluble.**

Explanation:

Vitamin	Vitamers	Solubility	Diseases	Sources
Vitamin A	Retinol, retinal, and four carotenoids	Fat	Night-blindness, Hyperkeratosis, and Keratomalacia	Orange, ripe yellow fruits, leafy vegetables, carrots, pumpkin, squash, spinach, liver
Vitamin B1	Thiamine	Water	Beriberi, Wernicke-Korsakoff syndrome	Pork, oatmeal, brown rice, vegetables, potatoes, liver, eggs
Vitamin B2	Riboflavin	Water	Ariboflavinosis	Dairy products, bananas, popcorn, green beans, asparagus



Vitamin	Vitamins	Tests	Solubility	Diseases	Sources
		SSC CPO Full Test...			
Vitamin B3	Niacin, niacinamide		Water	Pellagra	Meat, fish, eggs, many vegetables, mushrooms, tree nuts
Vitamin B5	Pantothenic acid		Water	Paresthesia	Meat, broccoli, avocados
Vitamin B6	Pyridoxine, pyridoxamine, pyridoxal		Water	Anaemia peripheral neuropathy.	Meat, vegetables, tree nuts, bananas
Vitamin B7	Biotin		Water	Dermatitis, enteritis	Raw egg yolk, liver, peanuts, certain vegetables
Vitamin B9	Folic acid, folinic acid		Water	Megaloblast and deficiency during pregnancy are associated with birth defects, such as neural defects.	Leafy vegetables, pasta, bread, cereal, liver
Vitamin B12	Cyanocobalamin, hydroxycobalamin, methylcobalamin		Water	Megaloblastic anaemia	Meat and other animal products
Vitamin C	Ascorbic acid		Water	Scurvy	Many fruits and vegetables, liver
<b>Vitamin D</b>	<b>Cholecalciferol</b>		<b>Fat</b>	<b>Rickets and Osteomalacia</b>	<b>Fish, eggs, liver, mushrooms</b>
Vitamin E	Tocopherols, tocotrienols		Fat	Deficiency is very rare; mild hemolytic anemia in newborn infants.	Many fruits and vegetables, nuts and seeds
<b>Vitamin K</b>	<b>phylloquinone, menaquinones</b>		<b>Fat</b>	<b>Bleeding diathesis</b>	<b>Leafy green vegetables such as spinach, egg yolks, liver</b>

Thus,

- Vitamin K: Rickets: **Incorrect**
- Vitamin D: Osteomalacia: **Correct**
- Vitamin B1: Beri Beri: **Correct**

Was the solution helpful?

 Yes

 No