

## Vitamins and Minerals

<div>Speedy Study Guides</div> <div>VITAMINS &amp; MINERALS</div> <div>Water-Soluble</div>	
<b>Vitamin B1-Thiamin</b>	<p>Necessary to help the body maximize the use of carbohydrates, its major source of energy. Essential for the proper functioning of heart, nervous system and muscle coordination.</p> <p>Wheat germ, sunflower seeds, pine nuts, nuts, oatmeal, lean meat (especially pork), offal, whole grain products.</p>
<b>Vitamin B2-Riboflavin</b>	<p>Aids in carbohydrate, protein and fat metabolism. Promotes growth, needed for healthy eyes, hair, skin and nails.</p> <p>Milk, liver, eggs, almonds, fortified breakfast cereals.</p>
<b>Vitamin B3-Niacin</b>	<p>Required for fat, carbohydrate and protein metabolism. Aids in brain function, keeps nervous system healthy.</p> <p>Rice bran, wheat bran, liver, peanut butter, nuts, chicken, beef, tuna, barley, rice.</p>
<b>Vitamin B5-Pantothenic acid</b>	<p>Essential for metabolism of fats, carbohydrates and protein and to make fatty acids and cholesterol.</p> <p>Whole grains, legumes, brewer's yeast, egg yolk.</p>
	

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### Reviews

*It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.*  
**(Lavina Torp)**

## VITAMINS AND MINERALS

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Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Minerals are non-biological elements that are often absorbed by plants from soil or water and then consumed by animals. Vitamins are organic chemical compounds that a living being obtains from food. These compounds and elements are essential to facilitate the growth and functions of an organism. Muscle repair, digestion/metabolism, eyesight, the nervous system. nearly every aspect of life is fueled by vitamins and minerals. If there is a deficiency in either the body will start to see signs of failure. From neurological issues to skin irritations to eyesight problems, the repercussions of not having enough of either are serious.

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