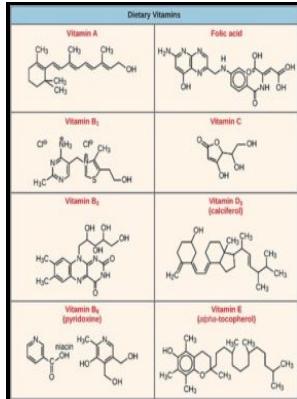


The chemistry of the vitamins

interscience Publishers - Chemical Structure of Vitamins and Minerals

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The Discover of Dietary Vitamins

Note that hyperlinks are not active in the pdf version. Published: June, 2009 The list of vitamins and minerals below can give you an understanding of how particular different types of vitamins and minerals work in your body, how much of each nutrient you need every day , and what types of food to eat to ensure that you are getting an adequate supply. The History of Vitamins: Special Factors in Food.

Vitamins

The US recommended daily dose for folate is 400 µg and the upper limit is 1000 µg.

Chemistry and physiological significance of Vitamins

Ascorbic acid C₆H₈O₆ is a water-soluble vitamin, whose structure is shown in Fig.

Listing of vitamins

Permanent teeth that develop during high fluorine intake have irregularly distributed chalky patches on the surface of the enamel which become stained yellow or brown, producing a characteristic mottled appearance.

Vitamin Chemical Structures

PHYLLOQUINONE, MENADIONE Activates proteins and calcium essential to blood clotting. Dietary niacin deficiency causes pellagra, a disease characterized by dermatitis, gastrointestinal disorders, and mental disturbances.

Vitamins Chemistry

McCollum in Wisconsin found that, with his purified diet, rats began to lose weight after some 10 weeks, but would recover with small doses of butter fat, but not with olive oil. These are the same quantities that you determined for calcium hydroxide in the experiment. Niacin is also known as

niacinamide or the related compound nicotinic acid.

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