

<div>Speedy Study Guides</div> <div>VITAMINS CHART</div>			
Name	Main occurrence	Effectiveness	Lack
Vitamin A (Retinol)	Carrots, liver oil, liver, butter, milk products, butter, cod, as perovitamin A is carotenoids	Normal growth, function and preservation of skin, eyes and mucous membrane	Grossly dry, night blindness
Deficiency	Impaired vision, headache, xerophthalmia, dryness, skin change	Deficiency	Rapidly fatal
Name	Main occurrence	Effectiveness	Lack
Vitamin B1 (Thiamine)	Wheat germ, wholemeal cereals, pork, heart, yeast, beans, corn, rice, brewer's yeast	Important for the nerve system, liver storage, deficiency causes beriberi, muscular weakness (dry beriberi), production of energy affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disorders, beriberi, dryness, constipation, paralysis, irritability in arms and legs
Deficiency	Neurological and heart disease, dryness, constipation, irritability, skin changes, beriberi, heart disease, rheumatism	Deficiency	Rapidly fatal
Name	Main occurrence	Effectiveness	Lack
Vitamin B2 (Riboflavin)	Milk products, wheat, wholemeal cereal, cheese, eggs, liver, yeast, green leafy vegetables, whole powder	Important for body growth, maintenance of skin, protein and carbohydrate, used for skin, eyes and nails, important energy storage, energy transport	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease
Deficiency	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease	Deficiency	Rapidly fatal
Name	Main occurrence	Effectiveness	Lack
Vitamin B3 (Nicotinamide)	Beef, poultry, yeast, liver, wholemeal cereal, cheese, eggs, liver, yeast, green leafy vegetables, whole powder	Important for body growth, maintenance of skin, protein and carbohydrate, used for skin, eyes and nails, important energy storage, energy transport	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease
Deficiency	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease	Deficiency	Rapidly fatal
Name	Main occurrence	Effectiveness	Lack
Vitamin B6 (Pyridoxine)	Beef, poultry, yeast, liver, wholemeal cereal, cheese, eggs, liver, yeast, green leafy vegetables, whole powder	Important for body growth, maintenance of skin, protein and carbohydrate, used for skin, eyes and nails, important energy storage, energy transport	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease
Deficiency	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease	Deficiency	Rapidly fatal
Name	Main occurrence	Effectiveness	Lack
Vitamin C (Ascorbic Acid)	Oranges, lemons, limes, grapefruit, kiwi, strawberries, green leafy vegetables, whole powder	Important for body growth, maintenance of skin, protein and carbohydrate, used for skin, eyes and nails, important energy storage, energy transport	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease
Deficiency	Cracks in skin, inflammation, brittle nails, seborrhea, cataracts, skin disease	Deficiency	Rapidly fatal

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