

Vitamins Chart: Speedy Study Guides

Name	Main occurrence	Effectiveness	Lack
Vitamin A (Retinal)	Cod liver oil, liver, kidney, milk products, butter, yolk, as provitamin A in carrots	Normal growth, function and protection of skin, eyes and mucous membrane	Growth stop, night blindness
Overloading	Increased need	Characteristics	Daily need
Impaired vision, headache, nausea, vomiting, constipation, skin change	Smokers, vegetarians, in case of high alcohol consumption, intake of cathartic, birth control pill, antibiotics	Fat soluble, light and oxygen sensitivity	approx. 1 - 5mg
Vitamin B1 (Thiamine)	Wheat germ, wholemeal cereals, peas, heart, pork, beans, oatmeal, lent, brown rice	Important for the nerve system, liver damage, inefficiency pregnancy, megaloblast production (high dose), production of energy, affects the carbohydrate metabolism, important for the thyroid function	Heavy muscle and nerve disturbances, tremors, dyspepsia, dropsy, cardiac insufficiency, cramps, paralysis, proctitis in arms and legs
Overloading	Increased need	Characteristics	Daily need
none	Diet, youth, pregnant and nursing women, alcohol consumption, intake of birth control pill, antibiotics, chemotherapy	Water soluble, Thiamin gets destroyed by heat and long storage, but not by freezing; Daily intake of vitamin B1 is important, because the body can't store B1, which comes over the food	approx. 2mg (All carbohydrate packed nutrition some more)
Vitamin B2 (Riboflavin)	Milk products, meat, wholemeal cereal, cheese, eggs, lent, sea fish, green leafy vegetables, wheat powder	Important for body growth, utilization of fats, proteins and carbohydrates, useful for skin, eyes and nails, important energy to ingest, oxygen transport	(rarely) skin inflammation, brittle nails, anemia, cataract arthritis
Overloading	Increased need	Characteristics	Daily need
not known	Pregnancy, intake of birth control pill and antibiotics, chemotherapy, lent, smaker, oil prople	Water soluble, food with Vitamin B2 should be stored cool and dark	approx. 2 mg
Vitamin B3 (Niacin, Nicotinic acid)	Beans, peanuts, peas, liver, poultry, fish, lean meat	Building and degradation of fat, protein and carbohydrates, good sleep	Skin and mucosa inflammation, headache, trembling, vertigo, sleep disturbance, depression
Overloading	Increased need	Characteristics	Daily need
(with over 100mg a day)	Labour, breast nursing women	Water-soluble	1.5 - 16 mg

There is a wide range of vitamins to learn about, and a plethora of information on what these vitamins can do for you. Some vitamins promote a healthy metabolism, some give you a boost of energy, and there are some that are simply good for improving the health of your skin, hair, and nails. A vitamin chart study guide can teach you how to choose a vitamin based on what it does. Whether you are currently going through a nutrition or health class, or you simply are challenging yourself to learn more about health for your own needs, consulting a vitamin chart study guide can help.

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