

For XAT , CMAT , MAT , IIFT Exam

VITAMINS

- Vitamins help in protecting our body against diseases. Vitamins also help in keeping our eyes, bones, teeth and gums healthy
- Vitamins are generally categorized into **water soluble vitamins** and **fat soluble vitamins**
- Water Soluble Vitamins: **Vitamins C and B-Complex**
- Fat Soluble Vitamins: **Vitamin A, D, E and K**
- Vitamins help in protecting our body against diseases
- Some sources of **Vitamin A** are
 - Papaya
 - Carrot
 - Mango
 - Milk
 - Fish liver oil
- Some sources of **Vitamin B** are
 - Liver
 - Wheat
 - Rice
- Some sources of **Vitamin C** are
 - Orange
 - Tomato
 - Guava
 - Green Chilli
 - Lemon
 - Amla
 - kiwi
- Some sources of **Vitamin D** are
 - Fish

- Liver
- Egg
- Mushrooms
- **Vitamin K** is found in Green leafy vegetables
- **Vitamin D** presence in sunlight
- **Vitamin C** gets easily **destroyed** by **heat** during **cooking**
- The vitamin which is generally excreted by **humans in urine** is **Vitamin C**
- Liver damage is caused due to the overdose of **Vitamin B3**
- Vitamin B6, B9 and B12 are essential for brain health and are also called as brain vitamins
- First **artificially synthesized** Vitamin is **Vitamin C**
- Vitamin helps **immunity of body** is **Vitamin C**
- **Vitamin B12** contain **cobalt**

VITAMIN AND CHEMICAL NAME

Vitamin	Chemical name
Vitamin A	Retinol
Vitamin B1	Thiamine
Vitamin B2	Riboflavine
Vitamin B5	Pantothenic Acid
Vitamin B6	Pyridoxine
Vitamin B3	Niacin or Nicotinic Acid
Vitamin B7	Biotin
Vitamin B9	Folic Acid
Vitamin B12	Cobalamin
Vitamin C	Ascorbic Acid
Vitamin D	Calciferol
Vitamin E	Tocopherol
Vitamin K	Phylloquinone