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Vitamins: Introduction of Vitamins, Different Vitamins, Types of Vitamins (For CBSE, ICSE, IAS, NET, NRA 2022)

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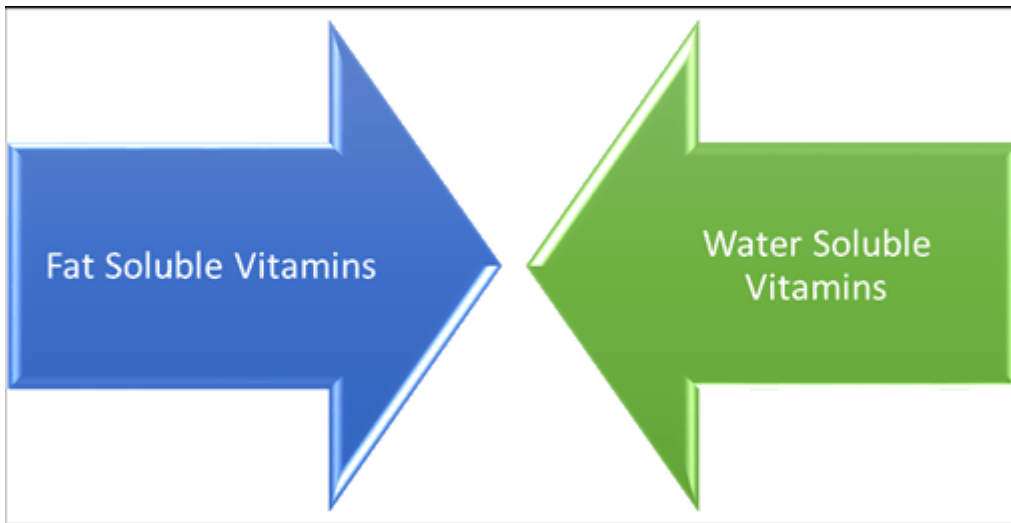
Introduction of Vitamins

- A vitamin can be defined as an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism.
- It is an organic molecule or a chemically closely related set of molecules, i.e.. vitamers.
- These play a vital role in growth and development, repair and healing wounds, maintaining healthy bones and tissues including the proper functioning of the immune system and the biological functions.
- Most of the vitamins cannot be synthesized in our body.
- All the thirteen different types of vitamins are required for the metabolic processes.

Different Vitamins

Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K

Types of Vitamins



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Fat Soluble Vitamins

- These vitamins are stored in the fat cells.
- To get absorbed these vitamins require fat.
- These vitamins are stored in liver and adipose (fat storing) tissues.
- Vitamin A, D, E and K are fat-soluble vitamins.

Water Soluble Vitamins

- These vitamins are not stored in our body as its excess gets excrete through the urine.
- These vitamins need to be replenished constantly or these vitamins need to supply regularly in the body.
- Vitamin B and C are water-soluble vitamins.

Vitamins, Sources and Deficiency Diseases

Vitamins	Sources	Deficiency Diseases
Vitamin A	Potato, carrots, pumpkins, spinach, beef,	Night blindness

	and eggs	
Vitamin B1 or Thiamin	Pork chops, ham, enriched grains, and seeds.	Beriberi
Vitamin B2 or Riboflavin	Whole grains, enriched grains and dairy products.	Ariboflavinosis
Vitamin B3 or Niacin	Mushrooms, fish, poultry, and whole grains	Pellagra
Vitamin B5 or Pantothenic Acid	Chicken, broccoli, legumes, and whole grains	Paresthesia
Vitamin B6 or Pyridoxine	Fortified cereals and soy products	Anemia
Vitamin B7 or Biotin	Fruits and meats	Dermatitis, enteritis
Vitamin B9 or Folic Acid	Leafy vegetables.	Megaloblastic anemia
Vitamin B12	Fish, poultry, meat, and dairy products	Megaloblastic anemia
Vitamin C	Citrus fruits and Juices	Scurvy, Swelling of Gums
Vitamin D	Fortified milk and other dairy products	Rickets & Osteomalacia
Vitamin E	Fortified cereals, leafy green vegetables, seeds, and nuts	Less Fertility
Vitamin K	Dark green leafy vegetables	Non-Clotting of Blood
<i>Vitamins, Sources and Deficiency Diseases</i>		

FAQs

Q1. What are the two types of Vitamins?

Answer:

The two types of Vitamins are:

- i) Fat Soluble Vitamins
- ii) Water Soluble Vitamins

Q 2. What are the main sources of Vitamin A and Vitamin D?

Answer:

- Vitamin A- Potato, carrots, pumpkins, spinach, beef, and eggs
- Vitamin D- Fortified milk and other dairy products

Q 3. What are the thirteen different types of Vitamins?

Answer:

The thirteen different types of Vitamins are namely Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K.

Q 4. What is the main difference between water soluble vitamins and fat-soluble vitamins?

Answer:

- Water Soluble Vitamins are not stored in our body whereas fat Soluble Vitamins are stored in the body.
- Examples of water-soluble vitamins are Vitamin B and C.
- Examples of fat-soluble vitamins are Vitamins A, D, E and K

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