

Chapter six

Vitamins

Q/ Define:

Vitamins, Fat-soluble vitamins, Water-soluble vitamins

Q/ Fill the blanks:

- 1- Vitamins are required for the -----, -----, and ----- of the animal organism,
- 2- Vitamins occur in ----- and -----sources, and are present in small amounts in food and when absence causes -----.
- 3- Vitamins can be classified into ----- categories based on their solubility-----, and -----

Q/ Write the active form of each of these vitamins:

Carotenes, Vitamin D, Vitamin E, Vitamin K, Vitamin C, Thiamine, Riboflavin, Niacin, Vitamin B₆, Pantothenic acid, Biotin, Lipoic acid, Folic acid, Vitamin B₁₂

Q/ Write the function of each of these vitamins:

Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C, Thiamine, Riboflavin, Niacin, Vitamin B₆, Pantothenic acid, Biotin, Lipoic acid, Folic acid, Vitamin B₁₂

Q/ Write the deficiency of each of these vitamins:

Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C, Thiamine, Riboflavin, Niacin, Vitamin B₆, Pantothenic acid, Biotin, Lipoic acid, Folic acid, Vitamin B₁₂

Q/ Write the toxicity of each of these vitamins:

Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C, Vitamin lipoic acid