

Speedy Study Guides			
VITAMINS CHART			
Name	Main occurrence	Effectiveness	Lack
Vitamin A (Retinol)	Carotenes, liver, butter, milk products, fish oils, as preservative in carrots	Normal growth, function and production of skin, eyes and mucous membrane	Growth stop, night blindness
Recommended	Recommended amount	Characteristics	Deficiency
Impaired vision, headache, nose, mouth, dryness, skin change	Infants: 1000 IU; 1-3 years: 1500 IU; 4-6 years: 2000 IU; 7-10 years: 2500 IU; 11-14 years: 3000 IU; 15-18 years: 3500 IU; 19-50 years: 4000 IU; 51-70 years: 4500 IU; 71-90 years: 5000 IU	For adults, light and oxygen sensitivity	Approx. 1-5 mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B1 (Thiamine)	Wheat germ, wholemeal cereals, pork, yeast, peas, beans, lentils, fish, brewer's yeast	Important for the same reason, poor storage, deficiency: beriberi, anemic, paralysis (dry-brown), production of energy, affects the carbohydrate metabolism, important for the heart function	Weak muscle and nerve disorders, weakness, depression, dryness, constipation, numbness, tingling, paralysis, irritability in arms and legs
Recommended	Recommended amount	Characteristics	Deficiency
None	Men: 1.2 mg; pregnant and nursing women: 1.5 mg; children: 0.5 mg; infants: 0.2 mg	Water-soluble. Thiamine gets destroyed by heat and long storage, but not by freezing. Daily intake of vitamin B1 is important, because the body can't store it.	Approx. 2mg (10-15 mg/kg body weight)
Name	Main occurrence	Effectiveness	Lack
Vitamin B2 (Riboflavin)	Milk products, wheat, wholemeal cereal, cheese, eggs, liver, yeast, green leafy vegetables, wheat powder	Important for body growth, production of fat, protein and carbohydrate, used for skin, eyes and nails, important energy source, important for transport	Weakness, skin inflammation, beriberi, anemia, cataract, arthritis
Recommended	Recommended amount	Characteristics	Deficiency
Infants: 0.4 mg; 1-3 years: 0.5 mg; 4-6 years: 0.6 mg; 7-10 years: 0.7 mg; 11-14 years: 0.8 mg; 15-18 years: 0.9 mg; 19-50 years: 1.0 mg; 51-70 years: 1.1 mg; 71-90 years: 1.2 mg	0.5-1.0 mg	Water-soluble, found with Vitamin B1, should be stored and dark	Approx. 2 mg
Name	Main occurrence	Effectiveness	Lack
Vitamin B3 (Nicotinamide)	Wheat, yeast, liver, fish, poultry, fish, lean meat	Working and degradation of fat, protein and carbohydrate, good sleep	Weakness, nervous system, inflammation, headache, burning, vertigo, sleep disturbance, depression
Recommended	Recommended amount	Characteristics	Deficiency
10 mg (10 mg a day)	10 mg	Water-soluble	10-15 mg

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