

VITAMINS	FUNCTIONS
FAT SOLUBLE	Helps the eye to adjust to dim light.
Vitamin A (RETINOL) <i>Night Blindness</i>	Helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection. Helps build body cells. Needed for bone growth and for healthy teeth. (Milk, cheese, carrots, spinach, watercress, butter)
Vitamin D (CHOLECALCIFEROL) <i>Rickets in children</i> <i>Osteomalacia in Adults</i>	Helps the body use calcium and phosphorus to build strong bones and teeth. It is very important for growing children and during pregnancy and breast-feeding (Liver, fish-liver oils, oily fish, egg yolk, milk and dairy products)
Vitamin E (Tocopherol) <i>Increase breakdown of red blood cells</i>	It is a very effective antioxidant, and protects polyunsaturated fatty acids from damage by free radicals, especially in cells membranes in the body. Helps protect against heart diseases by protecting LDLs against oxidation. Prevents the oxidation of polyunsaturated fatty acids and other lipids. (Lettuce, peanuts, seeds, wheatgerm oil)
Vitamin K (PHYLLOQUINONE) <i>Bleeding disorder</i>	Assists in the production of coagulation factors in the blood, to enable it to clot properly after an injury. Assists with the synthesis of bone proteins without vitamin k the bone produce an abnormal protein that cannot bind to the mineral that form bones. (green leafy vegetables[spinach, callaloo], cereals, soya beans, beef liver)
WATER SOLUBLE	
Vitamin B ₁ (THIAMIN) <i>Beriberi</i>	Helps body cells obtain energy from food. Helps keep nerves in a healthy condition Promotes good appetite and digestion. (Wholegrain, cereals, nuts, lean pork, bean and lentils)
Vitamin B ₂ (RIBOFLAVIN) <i>Failure to grow, dermatitis</i>	Require for the release of energy from food, especially amino acids. Helps the eye keep healthy. Helps keep skin around nose and mouth smooth. Essential for normal growth (Milk, eggs, nuts, meat, green leafy vegetables)
Vitamin B ₃ (NICOTINIC ACID) <i>Pellagra</i>	Release energy from food, especially carbohydrate by oxidation. Helps enzymes function in the body. Maintains the health of red blood cells, skin and nerves (Yeast, whole enriched grains, seeds, nuts)
Vitamin B ₆ (PHYRIDOXINE) <i>Anaemia and kidney stones</i>	Involved in the conversion of tryptophan to niacin. Needed for reactions that build proteins and protein tissue. Promotes normal functioning of the nervous system (Egg yolk, bread, corn, nuts)
Vitamin B ₁₂ (COBALAMIN) <i>Megaloblastic pernious Anaemia</i>	Requires for the metabolism of amino-acids as well as other enzymes systems throughout the body. Works with folate to make red blood cells. Is also necessary for normal nerve function. (Animal products, fortified foods)
Folate <i>Spina bifida in babies</i> <i>Megaloblastic anaemia</i>	Essential for normal growth. Essential for the formation of red blood cells. Required for the release for energy from food, especially amino acids (potatoes, spinach, green leafy vegetables, green beans)
Vitamin C (ASCORBIS ACID) <i>Scurvy</i>	Required to make connective tissue which binds the body cells together. Assists in the building of strong bones and teeth. Required for the production of blood vessels. (West Indian Cherries, guava, kiwi fruit, cabbage, spinach)