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**Topic: Vitamins**

**Vitamin K:** assists in creating proteins in the body like those that create blood clots. It also allows for calcium regulation within the body.

Vitamin K's ability to help the clotting of blood is important for healing. The clotting ability could help in slowing or stopping bleeding in injured patients.

During surgery, Vitamin K is often given to patients to reduce bleeding. Sources of Vitamin K include spinach, Brussels sprouts, asparagus, and broccoli.

**Vitamin B:** are essential for creating dopamine, epinephrine, serotonin, and myelin. They also help the mind focus, help haemoglobin hold oxygen and lower cholesterol.

Vitamin B is essential to good health. It is also used for energy production in the human cells. B vitamins help convert food often consumed as carbohydrates into fuel.

They also help the nervous system function properly. Good sources of Vitamin B are bananas, potatoes, whole grains, and chili peppers.

**Vitamin C:** helps regulate the immune system and relieve pain caused by tired muscles. It also is needed in the manufacture of collagen and norepinephrine.

Vitamin C is also an antioxidant which can enhance the immune system by stimulating white blood cells in the body. Vitamin C also helps to benefit the skin, teeth, and bones. Vitamin C is often in citrus fruits such as papayas, oranges, and lemons.

### **The Different types of Vitamin B:**

#### **Vitamin B1:**

Thiamin is another name for vitamin B1. It helps to convert blood sugar into energy for your body. It also helps the mucous membranes of the muscular, cardiovascular, and nervous systems in good shape.

Some good sources of Vitamin B1 is from some whole grain cereals, pork, navy beans, and wheat germs.

#### **Vitamin B2:**

Riboflavin is another name for vitamin B2. It works with the other B vitamin complexes to process the carbohydrates, proteins, and fats into calories for energy in body.

The body also needs this for healthy skin, good vision, growth, and red blood cell creation. Some good sources of Vitamin B2 is Dairy, red meats, and leafy green vegetables.

### **Vitamin B3:**

Niacin is another name for vitamin B3. It also works with other B vitamin complexes to process the carbohydrates, proteins, and fats into calories for energy in the body.

The difference is that it helps the digestive systems functions along with promoting a healthy appetite and healthy nerves

Large doses of niacin could lower LDL cholesterol but large doses are recommended to be taken under physician supervision. Some good sources of Vitamin B3 are yeasts, meat, and peanuts.

### **Vitamin B5:**

Panththenic Acid is another name for vitamin B5. Like B3 and B2 it helps break down carbohydrates, proteins, and fats for energy. Some good sources of Vitamin B5 is from meats, peas, and whole grain cereals

### **Vitamin B6:**

Pyridoxine is another name for Vitamin B6. Vitamin B6 working along with B12 and B9 helps prevent heart attacks.

Just like B2 B3 and B5 this vitamin helps the body process proteins, carbohydrates, and fats into energy. Some good sources of B6 are from meats, eggs, soybeans, whole grains, and nuts.

### **Vitamin B7:**

Vitamin H or Biotin is other names for Vitamin B7. Vitamin B7 helps the formation of fatty acids and glucose to be used as fuel for the body. Some Good sources of B7 are from bananas, yeast, cereal, and liver.

### **Vitamin B9:**

Folic Acid is another name for vitamin B9. It is very important during pregnancy since it is used for making and maintaining new cells.

B9 prevents anemia by keeping up the production of red blood cells and prevent low birth weight and prematurity in births. Some good sources of B9 is from mushrooms, leafy greens, peas, and broccoli.

### **Vitamin B12:**

Cobalamin is another name for vitamin B12. It works with B9 in keeping red blood cells healthy and also helps keep the central nervous system healthy.

Some good sources of B12 are meat, eggs, and dairy. The two organizations that create guidelines for vitamin intake are by the Food and Nutrition Board of the National Academy of Sciences and the Food and Drug Administration (FDA).