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However, there is more and more scientific evidence accumulating that several vitamins have additional functions, each requiring a different, but usually higher amount than the one set for the prevention of the respective classical vitamin deficiency. Such additional functions include the radical

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of costly chronic diseases: Guidelines advising a much higher intake of fruits and vegetables have already been established to reduce the risk for certain diseases such as some types of cancer and coronary heart disease. Covering a wide spectrum of topics, this publication will not only be of interest to ...

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abundant source of
vitamin c other
vitamins are present in

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food but also in other sources we get vitamin d by eating fish eggs and mushrooms for example but exposure to sunlight is also

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Necessary for normal blood cell production and nervous system function; Vitamin C. Vitamin C is a water-soluble vitamin

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containing antioxidants that promote healthy tissue growth. The RDA for men is 90 mg and 75 mg for women.

Vitamin C can be found in many fruits and vegetables. Vitamin C benefits: May reduce risk of getting the common cold

Vitamins: The Basics - Cleveland Clinic

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Vitamin K plays a key
role in helping the

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blood clot, preventing excessive bleeding.

Unlike many other vitamins, vitamin K is not typically used as a dietary supplement.

Vitamin K is actually a...

Vitamin K: Uses, Deficiency, Dosage, Food Sources, and More

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examine the functions and health benefits that vitamin a can have

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vitamins vitamins are only needed in small amounts to maintain a healthy body a lack of vitamins in the diet leads to deficiency symptoms vitamin c vitamin c ascorbic acid is needed to help Aug 31, 2020 functions of vitamins beyond recommended dietary allowances european academy of nutritional sciences workshop

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**10 Best Printed
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Vitamin A helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin. Vitamin B6 is also called pyridoxine. Vitamin B6 helps form red blood cells and maintain brain

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function. This vitamin also plays an important role in the proteins that are part of many chemical reactions in the body.

Vitamins: MedlinePlus Medical Encyclopedia

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Beyond use as an oral supplement, vitamin A is used in topical creams to reduce fine wrinkles, splotches and

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roughness and treat
acne. Our take.

Caution. A healthy and
varied diet will provide
most people with
enough vitamin A. If
you're interested in the
antioxidant properties
of vitamin A, food
sources are best. It's
not clear if vitamin A ...

Vitamin A - Mayo Clinic

Perhaps one of the
best-known functions
of vitamin A is its role

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in vision and eye
health. Retinal, the
active form of vitamin
A, combines with the
protein opsin to form
rhodopsin, a
molecule...

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