Symptoms Of Too Much Vitamin B

Biotin is classified as a heterocyclic compound, with a sulfur-containing tetrahydrothiophene ring fused to a ureido group. A C5-carboxylic acid side chain is appended to the former ring. The ureido ring, containing the −N−CO−N− group, serves as the carbon dioxide carrier in carboxylation reactions. Biotin is a coenzyme for five carboxylase enzymes, which are involved in the catabolism of amino acids and fatty acids, synthesis of fatty acids, and gluconeogenesis. Biotinylation... 3e1441a874 The other essential nutrients are minerals, essential fatty acids, essential amino acids, and choline. 3e1441a874 In healthy adults, vitamin B12 deficiency is not common, mainly because body stores of the vitamin... 3e1441a874 Pernicious anemia refers to a type of vitamin B12 deficiency anemia that results from lack of intrinsic factor. Lack of intrinsic factor is most commonly due to an autoimmune attack on the cells that create it in the stomach. It can also occur following the surgical removal of all or part of the stomach or small intestine; from an inherited disorder or illnesses that damage the stomach lining.

> When suspected, diagnosis is made by blood tests initially a complete blood count, and occasionally, bone marrow tests. Blood tests may show fewer but larger red blood cells, low numbers of young red blood cells,... 3e1441a874 Vitamin A occurs as two principal forms in foods: 1) retinoids, found in animal-sourced foods, either as retinol or bound to a fatty acid to become a retinyl ester, and 2) the carotenoids α-carotene (alpha-carotene), β-carotene, γ-carotene (gamma-carotene), and the xanthophyll beta-cryptoxanthin (all of which contain β-ionone rings) that function as provitamin A in herbivore and omnivore animals which possess the enzymes that cleave and convert provitamin carotenoids to retinol. Some carnivore species lack this enzyme. The other carotenoids do not have retinoid activity. 3e1441a874 Some writers include choline as a vitamin. 3e1441a874 The name biotin, borrowed from the German Biotin, derives from the Ancient Greek word βίοτος (bíotos; 'life') and the suffix "-in" (a suffix used in chemistry usually to indicate 'forming'). 3e1441a874 Unlike the other twelve vitamins, vitamin D is only conditionally essential in the diet, as with adequate skin exposure to the ultraviolet B (UVB) radiation component of sunlight there is synthesis of cholecalciferol in the deeper layers of the skin's epidermis. Vitamin D can also be obtained through diet, food fortification and dietary supplements. For most people, skin synthesis contributes more than dietary sources. In the United States, milk and plant-based milk substitutes are fortified with

> vitamin D3, as are many breakfast cereals. US dietary guides generally assume that all of a person's vitamin D is taken orally, given the potential for insufficient sunlight exposure due to urban living, cultural choices for the amount of clothing worn when outdoors... 3e1441a874 Major health organizations list thirteen vitamins: 3e1441a874
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> Biotin Present in every living cell, it is involved as a cofactor for enzymes in numerous metabolic processes, both in humans and in other organisms, primarily related to the biochemistry of fats, carbohydrates, and amino acids. Present in every living cell, Biotin (also known as vitamin B7 and vitamin H) is one of the B vitamins – a group of essential dietary micronutrients. Biotin (also known as vitamin B7 and vitamin H) is one of the B vitamins – a group of essential dietary micronutrients 3e1441a874
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> Vitamin B12 is the most chemically complex of all vitamins, and is synthesized exclusively by certain archaea and bacteria. Natural food sources include meat, shellfish, liver, fish, poultry, eggs, and dairy products. It is also added to many breakfast cereals through food fortification and is available in dietary supplement and pharmaceutical forms. Supplements are commonly taken orally but may be administered via intramuscular injection to treat deficiencies. 3e1441a874 Historical advocates of vitamin

> C megadosage include Linus Pauling, who won the Nobel Prize in Chemistry in 1954. Pauling argued that because humans and other primates lack a functional form of L-gulonolactone oxidase, an enzyme required to make vitamin C that is functional in almost all other mammals, plants, insects, and other life forms, humans have developed a number of adaptations to cope with the relative deficiency. These adaptations, he argued, ultimately shortened lifespan but could be reversed or mitigated by supplementing humans with the hypothetical amount of vitamin C that would have been produced in the body if the enzyme were working. 3e1441a874
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> Vitamin For example, there are eight vitamers of vitamin E: four tocopherols and four tocotrienols. These essential nutrients cannot be synthesized in the organism in sufficient quantities for survival, and therefore must be obtained through consumption. For example, vitamin C can be synthesized by some species but not by others; it is not considered a vitamin in the first instance but is in the second. Most vitamins are not single molecules, but groups of related molecules called vitamers. (thiamine) Vitamin B2 (riboflavin) Vitamin B3 (niacin) Vitamin B5 (pantothenic acid) Vitamin B6 (pyridoxine) Vitamin B7 (biotin) Vitamin B9 (folic acid Vitamins are organic molecules (or a set of closely related molecules called vitamers) that are essential to an organism in small

quantities for proper metabolic function 3e1441a874

== Chemical description == 3e1441a874

Vitamin C megadosage Vitamin C megadosage is a term describing the consumption or injection of vitamin C (ascorbic acid) in doses well beyond the current United States Recommended Vitamin C megadosage is a term describing the consumption or injection of vitamin C (ascorbic acid) in doses well beyond the current United States Recommended Dietary Allowance of 90 milligrams per day, and often well beyond the tolerable upper intake level of 2,000 milligrams per day. There is no strong scientific evidence that vitamin C megadosage helps to cure or prevent cancer, the common cold, or some other medical conditions 3e1441a874

Vitamin A Vitamin A has multiple functions: growth during embryo development, maintaining the immune system, and healthy vision. intake. For aiding vision specifically, it combines with the protein opsin to form rhodopsin, the light-absorbing molecule necessary for both low-light (scotopic vision) and color vision. The term "vitamin A" encompasses a group of chemically related organic compounds that includes retinol,

retinyl esters, and several provitamin (precursor) carotenoids, most notably β-carotene (beta-carotene). Symptoms may include Vitamin A is a fat-soluble vitamin that is an essential nutrient. Vitamin A toxicity also referred to as hypervitaminosis A, occurs when there is too much vitamin A accumulating in the body 3e1441a874

Vitamins have diverse biochemical functions. Vitamin A acts as a regulator of cell and tissue growth and differentiation. Vitamin D provides a hormone-like function, regulating mineral metabolism for bones and other organs. The B complex vitamins function as enzyme cofactors (coenzymes) or the precursors for them. Vitamins C and E function... 3e1441a874 When isolated, biotin is a white, needle-like crystalline solid. Biotin is obtained from foods, particularly meats and liver, and is sold as a dietary supplement. 3e1441a874 Symptoms may include: 3e1441a874 == Signs and symptoms == 3e1441a874 Diagnosis can be difficult as serum retinol is not sensitive to toxic levels of vitamin A, but there are effective tests available. Hypervitaminosis A is usually treated by stopping intake of the offending food(s), supplement(s), or medication. Most people make a full recovery. High intake of provitamin carotenoids (such as beta-carotene) from vegetables and fruits does not cause hypervitaminosis A. 3e1441a874

> Vitamin C It Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. Most animals are able to synthesize their own vitamin C. Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It is required for the functioning of several enzymes and is important for immune system function. It is found as a form of ascorbic acid. It is an essential nutrient involved in the repair of tissue, the formation of collagen, and the enzymatic production of certain neurotransmitters. However, higher primates (including humans), most bats, guinea pigs, some fish species, and some bird species must acquire it from dietary sources because a gene for a synthesis enzyme has mutations that render it dysfunctional; humans obtain this vitamin from those fruits and vegetables. It is also an antioxidant. It is found as a form of ascorbic acid 3e1441a874
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> Mild deficiencies may have few or absent symptoms. In moderate deficiencies, feeling tired, feeling faint, mouth ulcers, rapid breathing, upset stomach, pallor, hair loss, decreased ability to think and joint pain and the beginning of neurological symptoms, including abnormal sensations such as, numbness and tingling, and tinnitus may occur. Severe deficiencies may include symptoms of reduced heart function, suppression of bone marrow, as well as more various severe neurological symptoms possibly including

sensory loss, abnormal balance and reflexes, memory and consciousness impairment, smell and taste problems, depression, irritability, confusion, and psychosis. If left untreated, some of these changes can become permanent. Onset of deficiency may take years to develop. In exclusively breastfed infants of vegan mothers, undetected and untreated deficiency can lead to poor growth, poor development, and difficulties with movement. 3e1441a874

Hypervitaminosis A Symptoms arise as a result of altered bone metabolism Hypervitaminosis A refers to the toxic effects of ingesting too much preformed vitamin A (retinyl esters, retinol, and retinal). Symptoms arise as a result of altered bone metabolism and altered metabolism of other fat-soluble vitamins. the toxic effects of ingesting too much preformed vitamin A (retinyl esters, retinol, and retinal). Toxicity results from ingesting too much preformed vitamin A from foods (such as liver), supplements, or prescription medications and can be prevented by ingesting no more than the recommended daily amount. Hypervitaminosis A is believed to have occurred in early humans, and the problem has persisted throughout human history 3e1441a874

Pernicious anemia Other symptoms may include shortness of breath, feeling faint, a

> smooth red tongue, pale skin, chest pain, nausea and vomiting, loss of appetite, heartburn, numbness in the hands and feet, difficulty walking, memory loss, muscle weakness, poor reflexes, blurred vision, clumsiness, depression, and confusion. The most common initial symptoms are feeling tired and weak. deficiency of vitamin B12. The most common initial symptoms are feeling tired and weak. Other symptoms may include Pernicious anemia is a disease where not enough red blood cells are produced due to a deficiency of vitamin B12. Those affected often have a gradual onset. Without treatment, some of these problems may become permanent. Those affected often have a gradual onset 3e1441a874
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> In healthy adults, vitamin B12 deficiency is not common, mainly because body stores of the vitamin are substantial and turnover is slow, with relatively low dietary requirements. However, B12 deficiency in the elderly is a significant concern, and is related to dementia... 3e1441a874
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> Vitamin B12 deficiency and tissues have a lower than normal level of vitamin B12. In moderate deficiencies, feeling tired, feeling Vitamin B12 deficiency, also known as cobalamin deficiency, is the medical condition in which the blood and tissues have a

lower than normal level of vitamin B12. Mild deficiencies may have few or absent symptoms 3e1441a874

Vitamin B12 Animals require B12 but plants do not, relying instead on alternative enzymatic pathways. One of eight B vitamins, it serves as a vital cofactor in DNA synthesis and both fatty acid and amino acid metabolism. One of eight B vitamins, it serves as a vital Vitamin B12, also known as cobalamin or extrinsic factor, is a water-soluble vitamin involved in metabolism. Vitamin B12, also known as cobalamin or extrinsic factor, is a water-soluble vitamin involved in metabolism. It plays an essential role in the nervous system by supporting myelin synthesis and is critical for the maturation of red blood cells in the bone marrow 3e1441a874

It is also a generic prescription medication and in some countries is sold as a non-prescription dietary supplement. As a therapy, it is used to prevent and treat scurvy, a disease caused by vitamin C deficiency. Vitamin C may be taken by mouth or by intramuscular, subcutaneous or intravenous injection. Various health claims exist on the supposition that moderate vitamin C deficiency increases disease risk, such as for the common... 3e1441a874 Vitamin C megadoses are claimed by alternative medicine

advocates including Matthias Rath and Patrick Holford... 3e1441a874 Dietary retinol is absorbed from the digestive tract... 3e1441a874

Vitamin D twelve vitamins, vitamin D is only conditionally essential in the diet, as with adequate skin exposure to the ultraviolet B (UVB) radiation component of sunlight Vitamin D is a group of structurally related, fat-soluble compounds responsible for increasing intestinal absorption of calcium and phosphate, along with numerous other biological functions. In humans, the most important compounds within this group are vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). The name Vitamin D is a misnomer; technically vitamin D is not a vitamin, but rather a fat-soluble secosteroid hormone 3e1441a874

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