

Vitamin B12 Supplements India

Vitamin deficiency When caused by not enough vitamin intake it is classified as a primary deficiency, whereas when due to an underlying disorder such as malabsorption it is called a secondary deficiency. An underlying disorder can have 2 main causes:. Vitamin fortification programs exist in one or more countries for folate, niacin, riboflavin, thiamin, vitamin A, vitamin B6, vitamin B12, vitamin D Vitamin deficiency is the condition of a long-term lack of a vitamin efe7350abb

Vitamin B12 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. 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. One of eight B vitamins, it serves as a vital cofactor in DNA synthesis and both fatty acid and amino acid metabolism. Animals require B12 but plants do not, relying instead on alternative enzymatic pathways efe7350abb

According to the World Health Organization, a hemoglobin concentration below 110 g/L for children under 5 years of age and pregnant women, and below 130 g/L for men indicates anemia. Hemoglobin is a blood protein that transports oxygen to the cells of the body. Without oxygen, the human body cannot undergo respiration and create Adenosine triphosphate, thereby depriving cells of energy. efe7350abb Research on nutritional mechanisms and their effect on the brain shows they are involved in almost every facet of neurological functioning, including alterations in neurogenesis, neurotrophic factors, neural pathways and neuroplasticity, throughout the life cycle. efe7350abb

Vitamin B6 The term essential nutrient refers to a group of six chemically similar compounds, i. Its active form, pyridoxal 5'-phosphate, serves as a coenzyme in more than 140 enzyme reactions in amino acid, glucose, and lipid metabolism. , "vitamers", which can be interconverted in biological systems. e. Zhang D (April 2021). "Associations of dietary vitamin B1, vitamin B2, vitamin B6, and vitamin B12 with the risk of depression: a systematic review Vitamin B6 is one of the B vitamins, and is an essential nutrient for humans efe7350abb

The history of the discovery of vitamin deficiencies progressed over centuries from observations that certain conditions –... efe7350abb Lifestyle choices: Lifestyle choices and habits that increase vitamin needs, such as smoking or drinking alcohol. Government guidelines on vitamin deficiencies advise certain intakes for healthy people, with specific values for women, men, babies, children, the elderly, and during pregnancy or breastfeeding. Many countries have mandated vitamin food fortification programs to prevent commonly occurring vitamin deficiencies. efe7350abb Plants synthesize pyridoxine as a means of protection from the UV-B radiation found in sunlight and for the role it plays in the synthesis of chlorophyll. Animals cannot synthesize any of the various forms of the vitamin, and hence must obtain it via diet, either of plants, or of other animals. There is some absorption of the vitamin produced by intestinal bacteria, but this is not sufficient to meet dietary needs. For adult humans, recommendations from various countries' food regulatory agencies are in the range of 1.0 to 2.0 milligrams (mg) per day. These same agencies also recognize ill effects from intakes that are too high, and so set safe upper limits, ranging from as low as 12 mg/day to as high as 100 mg/day depending on the country. Beef, pork, fowl and fish are generally good sources; dairy, eggs, mollusks and... efe7350abb == Signs and symptoms == efe7350abb Some writers include choline as a vitamin. efe7350abb The symptoms of tropical sprue are: efe7350abb

Vitamin Most vitamins are not single molecules, but groups of related molecules called vitamers. For example, there are eight vitamers of vitamin E: four tocopherols and four tocotrienols. 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. These essential nutrients cannot be synthesized in the organism in sufficient quantities for survival, and therefore must be obtained through consumption. folates) Vitamin B12 (cobalamins) Vitamin C (ascorbic acid and ascorbates) Vitamin D (calciferols) Vitamin E (tocopherols and tocotrienols) Vitamin K (phyloquinones 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 efe7350abb

Folate folic acid, vitamin B12, and iron. The recommended adult daily intake of folate in the U. Manufactured folic acid, which is converted into folate by the body, is used as a dietary supplement and in food fortification as it is more stable during processing and storage. A deficiency of folic acid or vitamin B12 may mask the deficiency of iron; so when taken as dietary supplements, the three Folate, also known as vitamin B9 and folacin, is one of the B vitamins. is 400 micrograms from foods or dietary supplements. Folate is required for the body to make DNA and RNA and metabolize amino acids necessary for cell division and maturation of blood cells. As the human body cannot make folate, it is required in the diet, making it an essential nutrient. S. It occurs naturally in many foods efe7350abb

Vitamin B12 deficiency 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 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 efe7350abb

Metabolic causes: Genetic defects in enzymes (e.g. kynureninase) involved in the kynurenine pathway of synthesis of niacin from tryptophan can lead to pellagra (niacin deficiency). efe7350abb

Nutritional neuroscience various components of the diet such as minerals, vitamins, protein, carbohydrates, fats, dietary supplements, synthetic hormones, and food additives have Nutritional neuroscience is the scientific discipline that studies the effects various components of the diet such as minerals, vitamins, protein, carbohydrates, fats, dietary supplements, synthetic hormones, and food additives have on neurochemistry, neurobiology, behavior, and cognition efe7350abb

Relatively speaking, the brain consumes an immense amount of energy in comparison to the rest of the body. The human brain is approximately 2% of the human body mass and uses 20–25% of the total energy expenditure. Therefore, mechanisms involved in the transfer of energy from foods to neurons are likely to be fundamental to the control of brain function. Insufficient intake of selected vitamins, or certain metabolic disorders, affect cognitive processes by disrupting the nutrient-dependent processes within the body that are associated with the management of energy in neurons, which can subsequently affect neurotransmission, synaptic plasticity... efe7350abb 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... efe7350abb 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,... efe7350abb

Pernicious anemia where not enough red blood cells are produced due to a deficiency of vitamin B12. Those affected often have a gradual onset. The most common initial symptoms Pernicious anemia is a disease where not enough red blood cells are produced due to a deficiency of vitamin B12. The most common initial symptoms are feeling tired and weak. Without treatment, some of these problems may become permanent. 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. Those affected often have a gradual onset efe7350abb

The illness usually starts with an attack of acute diarrhoea, fever and malaise following which, after a variable period, the patient settles into the chronic phase of diarrhoea, steatorrhoea, weight loss, anorexia, malaise, and nutritional deficiencies. efe7350abb The other essential nutrients are minerals, essential fatty acids, essential amino acids, and choline. efe7350abb

Tropical sprue It differs significantly from coeliac sprue. hyperkeratosis or skin scales Vitamin B12 and folic acid deficiencies: anaemia, numbness, and tingling sensation Vitamin D and calcium deficiencies: spasm Tropical sprue is a malabsorption disease commonly found in tropical regions, marked with abnormal flattening of the villi and inflammation of the lining of the small intestine. It appears to be a more severe form of environmental enteropathy efe7350abb

Folate in the form of folic acid is used to treat anemia caused by folate deficiency. Folic acid is also used as a supplement by women during pregnancy to reduce the risk of neural tube defects (NTDs) in the baby. NTDs include anencephaly and spina bifida, among other defects. Low levels in early pregnancy are believed to be the cause of more than half of babies born with NTDs. More than 80 countries use either mandatory or voluntary fortification of certain foods with folic acid as a measure to decrease the rate of NTDs. Long-term supplementation with relatively... efe7350abb 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. efe7350abb Conversely, hypervitaminosis refers to symptoms caused by vitamin intakes in excess of needs, especially for fat-soluble vitamins that can accumulate in body tissues. efe7350abb

Nutritional anemia Nutritional anemia refers to anemia that can be directly attributed to nutritional disorders or deficiencies. [2] These supplements are available over-the-counter, however Anemia is a deficiency in the size or number of red blood cells or in the amount of hemoglobin they contain. This deficiency limits the exchange of O₂ and CO₂ between the blood and the tissue cells. Examples include iron deficiency anemia and pernicious anemia. Anemia can be classified based on different parameters; one classification depends on whether it is related to nutrition or not, so there are two types: nutritional anemia and non-nutritional anemia. Globally, young children, women, and older adults are at the highest risk of developing anemia. It is often discussed in a pediatric context. anemia which can be done by taking dietary supplements such as iron, folate, and Vitamin B12 efe7350abb

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... efe7350abb Nutritional anemia can be caused by a lack of iron, protein, vitamin B12, and other vitamins and... efe7350abb In healthy adults, vitamin B12 deficiency is not common, mainly because body stores of the vitamin... efe7350abb Major health organizations list thirteen vitamins: efe7350abb 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. efe7350abb

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