

Vitamin B Complex Tablets

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... da52eb37f1 Chemically, the vitamin K family comprises 2-methyl-1,4-naphthoquinone derivatives... da52eb37f1

Vitamin C 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. Most animals are able to synthesize their own vitamin C. It is found as a form of ascorbic acid. It is required for the functioning of several enzymes and is important for immune system function. It is an essential nutrient involved in the repair of tissue, the formation of collagen, and the enzymatic production of certain neurotransmitters. It is also an antioxidant. Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It is found as a form of ascorbic acid da52eb37f1

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... da52eb37f1 == Biochemistry == da52eb37f1 Major health organizations list thirteen vitamins: da52eb37f1 Menadione is converted to vitamin K2 (specifically, MK-4) by the prenyltransferase action of vertebrate protein UBIAD1. This reaction requires the hydroquinone (reduced) form of K3, menadiol, produced by NQO1. da52eb37f1 Tocopherols and tocotrienols both occur in α (alpha), β (beta), γ (gamma), and δ (delta) forms, as determined by the number and position of methyl groups on the chromanol ring. All eight of these vitamers feature a chromane double ring, with a hydroxyl group that can donate a hydrogen atom to reduce free radicals, and a hydrophobic side chain that allows for penetration into biological membranes... da52eb37f1 == List of B vitamins == da52eb37f1 Berocca Performance is a formulation of B vitamins, vitamin C plus added magnesium, calcium and zinc. When first released in 1969, Berocca came in one flavour, Berry, which later became Original Berry. It now comes in four flavours: Original Berry, Orange, Blackcurrant, and Mango & Orange. da52eb37f1 Dietary supplements containing all eight are referred to as a vitamin B complex. Individual B vitamins are referred to by B-number or by chemical name, such as B1 for thiamine, B2 for riboflavin, and B3 for niacin, while some are more commonly recognized by name than by number, such as pantothenic acid (B5), biotin (B7), and folate (B9). B vitamins are present in protein-rich foods, such as fish, poultry, meat, dairy products, and eggs; they are also found in leafy green vegetables, beans, and peas. Fortified foods, such as breakfast cereals, baked products, and infant formulas, may contain B vitamins. da52eb37f1 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. da52eb37f1 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... da52eb37f1 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... da52eb37f1

Vitamin B12 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 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. 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 da52eb37f1

Vitamin B3 Nicotinamide riboside was identified as a form of vitamin B3 in 2004. All three forms of vitamin B3 are converted within the body to nicotinamide adenine dinucleotide (NAD). NAD is required for human life and people are unable to make it within their bodies without either vitamin B3 or tryptophan. Vitamin B3, colloquially referred to as niacin, is a vitamin family that includes three forms, or vitamers: nicotinic acid (niacin), nicotinamide (niacinamide) Vitamin B3, colloquially referred to as niacin, is a vitamin family that includes three forms, or vitamers: nicotinic acid (niacin), nicotinamide (niacinamide), and nicotinamide riboside da52eb37f1

Each B vitamin is either a cofactor (generally a coenzyme) for key metabolic processes or is a precursor needed to make one. da52eb37f1 Niacin (the nutrient) can be manufactured by plants and animals from the amino acid tryptophan. Niacin is obtained in the diet from a variety of whole and processed foods, with highest contents in fortified packaged foods, meat, poultry, red fish such as tuna and salmon, lesser amounts in nuts, legumes and seeds. Niacin as a dietary supplement is used to treat pellagra, a disease caused by niacin deficiency. Signs and

symptoms of pellagra include skin and mouth lesions, anemia, headaches, and tiredness. Many countries mandate its addition to wheat flour or other food grains, thereby reducing the risk of pellagra. da52eb37f1 Some writers include choline as a vitamin. da52eb37f1

Vitamin E Vitamin E is a group of eight compounds related in molecular structure that includes four tocopherols and four tocotrienols. The tocopherols function Vitamin E is a group of eight compounds related in molecular structure that includes four tocopherols and four tocotrienols. The tocopherols function as fat-soluble antioxidants which may help protect cell membranes from reactive oxygen species da52eb37f1

B vitamins They are a chemically diverse class of compounds. Individual B vitamins are referred to by B-number or by chemical name, such as B1 for thiamine B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism and synthesis of red blood cells. supplements containing all eight are referred to as a vitamin B complex da52eb37f1

Menadione It is an analog of 1,4-naphthoquinone with a methyl group in the 2-position. Menadione is converted to vitamin K2 (specifically Menadione is a natural organic compound with the formula $C_6H_4(CO)_2C_2H(CH_3)$). Use is allowed as a nutritional supplement in animal feed because of its vitamin K activity. It is sometimes called vitamin K3. called vitamin K3. Use is allowed as a nutritional supplement in animal feed because of its vitamin K activity da52eb37f1

Vitamin K Vitamin K is a family of structurally similar, fat-soluble vitamers found in foods and marketed as dietary supplements. The human body requires vitamin K for post-synthesis modification of certain proteins that are required for blood coagulation ("K" from Danish koagulation, for "coagulation") and for controlling binding of calcium in bones and other tissues. The complete synthesis involves final modification of these so-called "Gla proteins" by the enzyme gamma-glutamyl carboxylase that uses vitamin K as a cofactor. The human body requires vitamin K Vitamin K is a family of structurally similar, fat-soluble vitamers found in foods and marketed as dietary

supplements da52eb37f1

Vitamin K is used in the liver as the intermediate VKH₂ to deprotonate a glutamate residue and then is reprocessed into vitamin K through a vitamin K oxide intermediate. The presence of uncarboxylated proteins indicates a vitamin K deficiency. Carboxylation allows them to bind (chelate) calcium ions, which they cannot do otherwise. Without vitamin K, blood coagulation is seriously impaired, and uncontrolled bleeding occurs. Research suggests that deficiency of vitamin K may also weaken bones, potentially contributing to osteoporosis, and may promote calcification of arteries and other soft tissues. da52eb37f1 Vitamin E is classified as an essential nutrient for humans. Various government organizations recommend that adults consume between 3 and 15 mg per day, while a 2016 worldwide review reported a median dietary intake of 6.2 mg per day. Sources rich in vitamin E include seeds, nuts, seed oils, peanut butter, vitamin E-fortified foods, and dietary supplements. Symptomatic vitamin E deficiency is rare, usually caused by an underlying problem with digesting dietary fat rather than from a diet low in vitamin E. Deficiency can cause neurological disorders. da52eb37f1

Vitamin For example, there are eight vitamers of vitamin E: four tocopherols and four tocotrienols. This was followed in 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. 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. starting in 1935, commercially produced tablets of yeast-extract vitamin B complex and semi-synthetic vitamin C became available. These essential nutrients cannot be synthesized in the organism in sufficient quantities for survival, and therefore must be obtained through consumption da52eb37f1

Menadione is also a circulating form of vitamin K, produced in small amounts (1–5%) after intestinal absorption of K₁ and K₂. This circulation explains the uneven tissue distribution of MK-4, especially since menadione can

penetrate the blood-brain barrier. The cleavage enzyme is yet to be identified. As K3 is known to be toxic in large amounts, researchers speculate that the cleavage process is closely regulated. da52eb37f1

Berocca Berocca was originally established in Switzerland in 1969 by Roche, and is available in a number of countries worldwide. Berocca is a brand of effervescent drink and vitamin tablets containing B vitamins and vitamin C, manufactured by Bayer. Berocca was originally established Berocca is a brand of effervescent drink and vitamin tablets containing B vitamins and vitamin C, manufactured by Bayer da52eb37f1

The amide nicotinamide is a component of the coenzymes nicotinamide adenine dinucleotide (NAD... da52eb37f1

Vitamin B6 Vitamin B6 is one of the B vitamins, and is an essential nutrient for humans. e. , "vitamers", which can be interconverted in biological systems. 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. The term essential nutrient refers to a group of six chemically similar Vitamin B6 is one of the B vitamins, and is an essential nutrient for humans da52eb37f1

== Varieties == da52eb37f1 The other essential nutrients are minerals, essential fatty acids, essential amino acids, and choline. da52eb37f1

https://ftp.spruitsportcoaching.nl/~v/ref/find?TXT=probioticos_para_que_sirven
[https://ftp.spruitsportcoaching.nl/\\$q/ref/slug?TXT=how_many_calories-are-in-1_pound_of_ground-beef](https://ftp.spruitsportcoaching.nl/$q/ref/slug?TXT=how_many_calories-are-in-1_pound_of_ground-beef)
https://ftp.spruitsportcoaching.nl/_y/short/file?DOC=does_weed_boost_metabolism
https://ftp.spruitsportcoaching.nl/+w/slide/go?DOC=dog_intolerance_to_food
https://ftp.spruitsportcoaching.nl/_m/doc/key?PLAY=best_nuts_for-weight_loss
https://ftp.spruitsportcoaching.nl/-s/edu/goto?DOC=red_cell_distribution_width-blood-test
https://ftp.spruitsportcoaching.nl/_f/doc/go?PUB=when_do-babies-wave

https://ftp.spruitsportcoaching.nl/^i/course/exe?ITUNE=how__to-read__burette_reading
https://ftp.spruitsportcoaching.nl/=m/play/goto?PPT=saline_solution-sinus-wash