

Functions Of Vitamins Beyond Recommended Dietary Allowances European Academy Of Nutritional Sciences Workshop

Functions Of Vitamins Beyond Recommended

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1. Bibl Nutr Dieta. 2001;(55):1-214. Functions of vitamins beyond recommended dietary allowances. Proceedings of a European Academy of Nutritional Sciences workshop. 1997, Nice, France.

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Functions of Vitamins Beyond Recommended Dietary ...

Vitamins are a group of substances that are essential for overall health, normal cell function, growth and development. There are 13 vitamins that are essential for body function. Because these vitamins are so vital to good health, it is important to understand their roles and functions.

What Is the General Function of Vitamins? | Healthfully

What Are Vitamins? A vitamin is an organic compound, found in food and other natural sources, that our body needs for basic function and health. Many vitamins are available to us in food. For example, citrus fruits are an abundant source of Vitamin C. Other vitamins are present in food but also in other sources.

Vitamin Functions, Deficiency Symptoms & Natural Sources ...

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Functions of Vitamins beyond Recommended Dietary ...

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