Vitamins for the health: Where to get them?

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Vitamins are important in the health of the humans. They occur in a good number of types and each has specific functions to regulate body processes, maintain health, aid organ functioning and prevents the body from acquiring diseases.

Vitamins can be acquired from many sources. Dietary intake is the most important among them. There are two main types of vitamins- the water-soluble vitamins and the fat-soluble vitamins. Water soluble vitamins include Vitamin C and Vitamin B complex. The latter include Vitamins A, D, E and K.

Vitamin A is important for having a good vision and promoting healthy skin and hair. It also has the capability of aiding the body eliminate toxins. Good sources include chicken, kidney, fish oil, milk, butter, eggs and cheese. Beta-carotene can be good source too as it can be converted to vitamin A. These are found in yellow and green vegetables and fruits.

Vitamin D is essential for building and maintaining strong bones and teeth. This is because it aids calcium absorption in the body. Good sources include egg yolks, milk liver, butter and fatty fish. Vitamin D activation can also be acquired through exposing yourself to the sunlight before 9 in the morning for about 10 minutes.

Vitamin E is a powerful antioxidant. It generally protects our body from the damages brought about by free radicals or destructive environmental molecules that could cause cancer and other diseases. Good sources include vegetable oil, eggs, peanuts, whole grains and mayonnaise.

Vitamin K is essential in blood clotting, preventing bleeds and bruising. It is also good in maintaining healthy bones. Good sources include green leafy vegetables, beets, eggs, dairy products, meats and beets.

Vitamin C is important in maintaining good immune system. It helps fight colds, prevents cancer, heart diseases and cataracts. It is also important in maintaining strong teeth and healthy gums. Good sources include citrus fruits, strawberries, red peppers, cranberry juice, melons and tomatoes.

Vitamin B has many subtypes. B1 (Thiamine) is responsible for the metabolism of carbohydrates and has blood building functions. Good sources include eggs, beef liver, meat, poultry, fish, potatoes and brown rice.

B2 (Riboflavin) is responsible for red blood cell formation, good vision, and breakdown of fats, carbohydrates and proteins. Good sources include almonds, cheese, fish, beef liver, eggs, Brussels, whole grains.

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Vitamin B3 (Niacin) aids in blood circulation, reduces cholesterol and helps in brain function and good nerve conduction. Good sources include seafood, liver, milk, chicken, peanuts and meat.

Vitamin B5 (Pantothenic acid) is responsible for cellular metabolism and production of red blood cells. It also helps in the metabolism of carbohydrates, fats and proteins. Good sources include legumes, beef liver, salmon, cabbage, eggs, broccoli, whole grains and oranges.

Vitamin B6 (Pyridoxine) is important in the metabolism of carbohydrates, fat and protein as well as red blood cell production. It is also responsible for antibody production and RNA/DNA functioning. Good sources include brewer's yeast, green leafy vegetables, legumes, whole grains, beef bananas, liver, meat, prunes, peas.

Vitamin B9 (Folic acid) is important in DNA and RNA production and amino acid synthesis. Good source include asparagus, spinach, beets, milk, cabbage, liver, salmon, dates, kidney beans, cheese.

Vitamin B12 (Cobalamin) is responsible for bone marrow and red blood cell formation. Good sources include milk, cottage cheese, egg, beef liver and canned tuna.

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