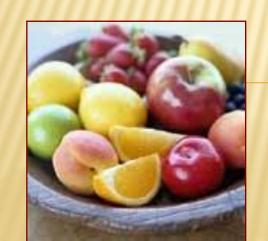
HEALTHY FOOD



Vitamins



SOME FACTS FROM THE HISTORY

- The study of vitamins was initiated by the Russian physician N.I. Lunin;
- First identified vitamin in crystalline form polish scientist Casimir Funk in 1912. A year later he came up with the name from the Latin "vita" "life";

- Now there are about 50 vitamins:



VITAMINS -

 low molecular weight organic compounds, which are essential food components, which in minute quantities ensure the normal functioning of the body

SUPERVITAMINOSIS

Hypervitaminosis occurs when excessive consumption of vitamins. Manifested in the form of intoxication (poisoning) of the organism.

More toxic effects have excessive doses of fat-soluble vitamins, as they accumulate in the body.

Hypervitaminosis is often seen in people who are engaged in bodybuilding - bodybuilding and often without measure use of nutritional supplements and vitamins.



classification of vitamins VITAMINS

WATER-SOLUBLE

(B1, B2, B6, PP, C B5, B9, B12) **Fat-soluble**

(A, D, E, K)



necessary for

normal growth and

development of epithelial

tissue.

Included in the visual pigment

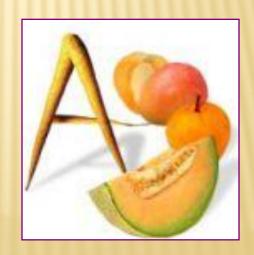
rhodopsin.

With a lack of disease Nightblind

(night blindness).



contains: in milk fish, eggs, oil, carrot parsley, apricots.





B,

Involved in metabolism, regulates blood circulation and blood, smooth operation muscles, activates

Brain.

With a lack of disease-Beriberi (nerve damage system, stunting, weakness and paralysis of the limbs).

contains:
in nuts,
oranges,
bread
graham,
poultry meat,
greenery.









B₂

Regulates metabolism, involved in hematopoiesis, reduces eye strain facilitates oxygen uptake by cells.



With a lack of - weakness, loss of appetite, inflammation mucosal violation functions of

contains:
in meat,
dairy products,
green
vegetables,
cereals and
legumes
cultures.





VITAMIN Participation in the

metabolism of amino acids, fat, the nervous system, lowering

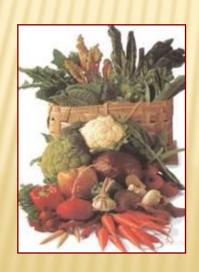
With a lack of esterna, dermatitis, convulsions, dyspepsia





pyridoxine





contains:
soya, bananas,
in seafood,
potatoes,
carrots,
legumes



cyanocobalamin

Strengthens the immune system, involved in hematopoiesis, normalizes blood

pressure. With a lackpernicious anemia and degenerative changes neural tissue



contains: in soy products, cheese, oysters, yeast eggs



Responsible for the exchange of phosphorus and calcium, proper growth bones.



alcife

produced
in skin
under the action of
ultraviolet
irradiation,
egg yolk,
butter,
fish oil, caviar





Ħ

helps the body
stimulates cell renewal,
supports the nervous system,
responsible
Reproductive Health



contains:

milk
wheat germ,
vegetable oil,
lettuce,
meat, liver,
oil





Involved in the synthesis of nucleic acids, amino acids, regulates work of hematopoiesis.

With a lack of - pellagra (skin lesions, dermatitis, diarrhea, insomnia, depression)



contained
in
pork, fish,
peanuts,
tomatoes,
parsley,
wild rose,
mint



P

cotinic.



C

Helps the body fight infections, it is better to see stimulates cell renewal.



contains:
in citrus,
sweet peppers,
berries,
carrots







THANK YOU FOR ATTENTION!

BE HEALTHY!