

Vidnovsky school No. 9

# Vitamins



Made by: **GALYAUDINOVA MARINA**

**OVCHINNIKOVA POLINA**

schoolgirls 6B class

Project manager: **Sorokina A.V**

**2010**

# INTRODUCTION

There are about 20 vitamins. They are divided into a group of fat-soluble (A, D, E, K) and water soluble. The most famous – A, B, C, D, E, K, PP

Kasimir Funk  
"vita" – «life»



# Vitamin A

First, vitamin A has been isolated from carrots, so the English carrot was the name of vitamin A - carotenoids. Vitamin A is especially a lot is found in liver, especially sea animals and fish, butter, egg yolk, cream, cod liver oil. Parsley has rejuvenating properties



**Spinach** - a good remedy  
for old age

# Pumpkin is the best for a vegetable diet

Pumpkin has cosmetic properties, so it is often added to the maximum range, creams, tonics and lotions



# Vitamin B<sub>1</sub>

- plays an important role in the metabolism
- necessary for the normal operation of any cell in the body, especially nerve cells
- for cardiovascular and endocrine systems
- increases resistance to infection

Especially a lot of this vitamin in the dry yeast, bread, peas, cereals, walnuts, peanuts, liver, heart, egg yolk, milk and bran.

- Milk - a great way to combat insomnia



Walnut has a beneficial effect on mental activity.



- **Vitamin B2** plays an important role in the decomposition and assimilation of fats, proteins and carbohydrates
- Needed for tissue growth and regeneration
- Provides light and normal color vision, reduces eye fatigue
- Keeps healthy skin, nails, hair.



- Most of riboflavin found in foods of animal origin
- Cabbage juice has excellent cleansing properties and slow down the weight

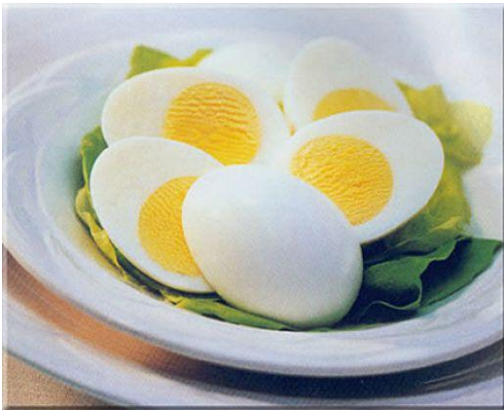


**Vitamin B3** translated from the Greek panthos means "ubiquitous."

- regulates the function of the nervous system and motor function of the intestine
- vitamin used to treat some skin diseases
- prevents rapid fatigue
- supports the immune system
- accelerates the healing of wounds

# The best natural sources of vitamin B3

liver, kidney, meat, heart, eggs, green vegetables, brewer's yeast, seeds, nuts



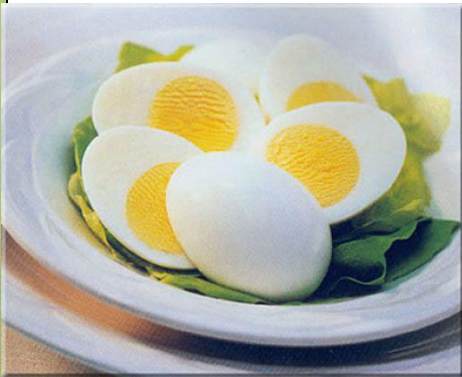
## **Vitamin B6.** Other names are pyridoxine, pyridoxamine, pyridoxal, adermin

- especially needed for the formation of vitamin E from the amino acid tryptophan
- needed to generate energy from carbohydrates, fats and proteins
- needed for normal functioning of the central nervous system
- needed for the formation of magnesium compounds in the body

# Pyridoxine is found in foods of animal origin

eggs, liver, kidneys, heart, beef, milk.

Also its a lot of green peppers, cabbage, carrots, melon



**Vitamin B 12.** Other name is cobalamin. This is a complex organic compound with a group of cobalt cyanide

- Vitamin B12 is essential for hematopoiesis
- It is necessary for the growth of children, and improves appetite
- Improves liver function
- It improves concentration, memory, and increases the ability of the equilibrium
- Used in the treatment of anemia, radiation sickness

## Sources - in the offal (liver, kidney and heart)

Quite a lot of vitamin B12 in the cheese, seafood (crab, salmon fish, sardines), some less - in meat and poultry



# Vitamin D

- Vitamin D is formed in the skin by the action of sunlight from the provitamins. Provitamins, in turn, comes in part from the body in a ready-made form from plants.
- Promotes absorption of calcium
- When combined with vitamins A and C help prevent colds
- Destroys the tubercle bacillus
- It normalizes blood clotting



- Most vitamin D is found in fish oils, sardines, herring, salmon, tuna, milk and dairy products.
- Vitamin D «not like» mineral oil, could not.





# Vitamin C

First isolated in 1923-1927. Zilva of lemon juice.

- Other names: ascorbic acid, anti-scorbutic vitamin, vitamin antiskorbutny
- It protects the body against many viral and bacterial infections
- Helps clear the body of toxins
- Improves the condition of the liver
- Helps reduce blood cholesterol
- Accelerates healing of wounds, burns, bleeding gums
- Increases the body's resistance

## Most vitamin C include fresh fruits, vegetables, herbs

- Rose, buckthorn, black currant, red pepper - these storehouses of the vitamin
- Enemies of vitamin C - water, food processing, heat, light, oxygen, smoking



# Vitamin PP

Other names: nicotinic acid, niacin

- helps reduce blood cholesterol levels
- necessary for normal functioning of the nervous system and brain
- improves digestion, cures gastro-intestinal disorders
- participates in the normal view
- improves circulation and reduces high blood pressure

- Most of nicotinic acid include brewer's yeast, bread flour, meal, liver, lean meat, kidney, white meat poultry, fish, eggs, cheese, dried mushrooms, sesame seeds, potatoes, sunflower seeds, dates, prunes, beans
- Enemies of vitamin PP - water, alcohol, food processing, estrogen



# Vitamin H

Another name - biotin (from the Greek bios. "Life")

- Biotin is necessary for the exchange of nicotinic acid (vitamin PP)
- Reduces blood sugar levels
- Prevents graying and hair loss
- Eases muscle pain
- Reduces the severity of eczema and dermatitis
- Required for the synthesis of ascorbic acid

- Most biotin in beef liver, egg yolk, milk, nuts, fruits
- Magnesium deficiency can lead to biotin deficiency
- Enemies of vitamin H - cyroy egg whites, water, sulfapilamidnye drugs, hormones, estrogen, food processing, alcohol incompatible with biotin



# Vitamin N

Other names: lipoic acid, thioctic acid

- Lipoic acid prevents the oxidation of ascorbic acid
- Lowers cholesterol in the blood
- Helps with various forms of atherosclerosis
- Displays the body of toxic substances

- Lipoic acid is found in most foods
- Most of it in beef and milk, a little - in vegetables
- The most effective lipoic acid acts with B vitamins





In 1929 the Danish biochemist Henrik Dam (Henrik Dam) identified fat-soluble vitamin

# Vitamin K

- Prevent internal bleeding and hemorrhage
- Accelerates healing of wounds
- Enhances muscle contractions
- Provides the body with energy
- Needed for calcification of bones
- Promotes blood clotting

The main "suppliers" of vitamin K:  
green leafy vegetables, pumpkin,  
tomatoes, green peas, egg yolk, cod liver  
oil, liver of animals, soybean oil.

Taking large doses of vitamin E affects the  
absorption of vitamin K



# Vitamin E

- necessary for the prevention of atherosclerosis
- increases the body's defenses
- normalizes muscle
- prevents the occurrence of muscle weakness and fatigue
- retards the development of heart failure with lesion of heart vessels
- prevents the development of serious eye diseases – cataract

## Most vitamin contained

in vegetable oils, animal liver, eggs, cereals, beans, Brussels sprouts, broccoli, berries, rose hips, sea buckthorn, green leaf vegetables, cherries, mountain ash, seeds, apples and pears  
its a lot of sunflower seeds, peanuts, almonds.

Destroy vitamin heat, oxygen, iron, chlorine.

# Conclusion

- We know that vitamins are good for health. They are necessary for the proper functioning of the organism and the lack of a negative impact on health.
- It is important to take vitamins only on the advice of a doctor.
- It is better to provide the body the necessary vitamins use a balanced meal.



# Literature

- <http://www.polezno.com>
- <http://www.yourlifestyle.ru>
- <http://vse-sekrety.ru/>
- <http://www.inmoment.ru/beauty/health-body>
- <http://budolife.narod.ru/vita1.htm>
- <http://www.vitnik.ru/fvitam.htm>