

Part 1

Vitamins & coenzymes

DR. HUDA MAHDI YOUNIS

Contents

- Introduction
- Importance of Vitamins
- Sources of Vitamins
- Classification of Vitamins
1. Fat-Soluble Vitamins
 2. Water-Soluble Vitamins

Contents

- Vitamin B1 (Thiamine)

Biological Functions

Dietary Sources

Deficiency and Diseases

Vitamin B2 (Riboflavin)

Biological Role:

Characteristics:

Contents

Dietary Sources

Deficiency and Diseases

Vitamin B₃(Niacin)

Biological Role:

Characteristics:

Dietary Sources

Deficiency and Diseases

Contents

Vitamin B5(Pantothenic Acid)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Contents

Vitamin B6(Pyridoxine)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Contents

Vitamin B7 (Biotin)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Contents

Vitamin B9 (Folic Acid)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Contents

Vitamin B12 (Cyanocobalamin)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Contents

Vitamin C (Ascorbic Acid)

Biological Role

Characteristics

Dietary Sources

Deficiency and Diseases

Merci !

