

Part 2

Vitamins & coenzymes

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Fat-Soluble Vitamins

- **Vitamin A**

Functions of Vitamin A

Sources of Vitamin A:

Recommended Daily Intake:

Symptoms of Vitamin A Deficiency

Vitamin D

Functions of Vitamin D:

Symptoms of Deficiency:

Recommended Daily Intake:

Vitamin E

Functions of Vitamin E:

Symptoms of Vitamin E Deficiency:

Recommended Daily Intake:

Vitamin K

Functions of Vitamin K:

Symptoms of Vitamin K Deficiency

Recommended Daily Intake:

Coenzymes

Characteristics of Coenzymes

Coenzymes & Vitamins

Examples of Coenzymes

Role of Coenzymes

Merci !

