

Carotenoids

Flavonoids

Minerals

Nutraceuticals

Vitamins


Poly-
Unsaturated
Fatty Acids


Plants

Probiotics
Prebiotics




Vitamins

- vital - amine
 - Vitamins are the organic substances which are required to maintain basic body functions and prevent diseases.
 - Vitamins are essential nutrients which an organism needs in small quantities for the proper functioning of its metabolism.
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- It is necessary to take vitamins and minerals to maintain a healthy life together with carbohydrates, fats and proteins, which are the main nutrients.
 - Dietary deficiency of vitamins leads to deprivation syndrome in metabolism.



Classification of Vitamins

- Due to the differences in their chemical structure, the solubility of vitamins differs.
 - Vitamins are classified in two basic groups:
 - Water-soluble vitamins
 - Fat-soluble vitamins
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Classification

- Water-soluble vitamins
 - Vitamin C
 - Vitamin B complex
- Fat-soluble vitamins
 - Vitamin A
 - Vitamin D
 - Vitamin E
 - Vitamin K