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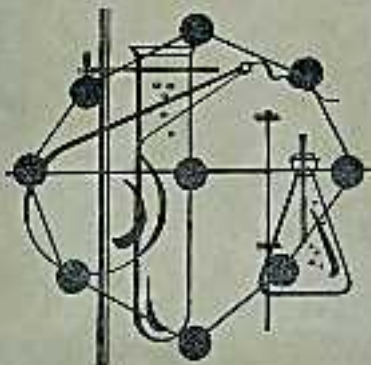
CAMBRIDGE

Learn The Easy Way Series

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CHEMISTRY

The Easy Way



By

JOHN J. CARLIN

Science Consultant

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VITAMIN CHART

Vitamin	Function	Source
A	Keeps epithelium and mucous membranes healthy thereby reducing respiratory infections. Prevents night blindness. Essential for normal growth of teeth and bones. Prevents xerophthalmia or "dry eyes."	Fat-free oils, liver, carrots, milk, butter, fortified cereals, egg yolk, carrots in yellow and green vegetables, tomatoes.
B₁ (Thiamin)	Helps the body burn calories. Needed for good appetite. Prevents beriberi, a deficiency nerve disease, and mild nerve diseases in humans and polyneuritis in animals.	Enriched bread, whole grain bread and cereals, nuts, green vegetables, yeast, seeds of cereal grains, and lean pork.
B₂ G (Riboflavin)	Helps the body burn sugar. A deficiency leads to growth stoppage, hair loss, skin rash, general body weakness. Important in animal nutrition.	Liver, yeast, meat, fish, milk, eggs, green vegetables.
Niacin (from B complex)	Helps prevent pellagra, a severe skin, appetite and the entire body, with digestive and mental disorders.	Fresh liver, corn, liver, milk, green vegetables, yeast, peanuts.
B₁₂	Needed to prevent and control pernicious anemia and to stimulate body growth.	Liver, milk, lean meats and fresh vegetables, fish, eggs.
C (Ascorbic Acid)	Prevents scurvy (swollen teeth, bleeding gums, swollen joints, hemorrhages). Prevents tooth decay.	Fruit or canned citrus fruit juices, fresh vegetables, tomatoes, pineapples.
D (Calciferol)	Helps teeth and bones use the calcium in diet. Prevents rickets and tooth decay.	Fish, liver, eggs, milk, butter, irradiated foods, or sunlight on skin makes some Vitamin D.
E (Tocopherol)	Essential for reproduction.	Cottonseed, soybean and peanut oils, germ, wheat germ, and green leafy vegetables.
K	Speeds blood-clotting time.	Green leafy vegetables, also made in our intestines by bacteria.