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All About Vitamins- Their Types, Lists of Vitamins, and Their Deficiency Problems by [Cody](#)

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Vitamins, in scientific terms, are organic compounds that are essential in adequate quantities for our living. Vitamins can't be directly produced by the body. Hence, it is necessary that our daily diet contains a good amount of vitamins. And, not all the vitamins are common for all the living beings on the earth. For example, Vitamin C which contains ascorbic acid is important for human beings but not for animals like dogs and cats. Likewise, there are several vitamins that are specifically important for the animals but not so much important for human beings. In simple words, vitamin is an organic compound that contains carbon that can only be derived from the food that we eat.

There are fat soluble and water soluble vitamins. Fat soluble vitamins are the ones that get stored as fat under the skin. The body readily accepts the fat soluble vitamins than the water soluble ones. These types of vitamins are absorbed by the intestinal tracts by lipids. And the vitamins that get stored as fat are used up by the body at a later stage when there is a need for energy to do activities. Interestingly, the fat soluble vitamins can remain in the body for several days and can be used anytime. Examples of fat soluble vitamins are Vitamins A, D, E and K. Water soluble vitamins don't stay in the body for long. They remain for a short time before they get expelled from the body through sweat and urination. And, since they get expelled at frequent intervals there is a need to replace them quickly. That is why doctors say we have to drink at least three to four liters of water every day. Examples of water soluble vitamins are Vitamin B and C. Given below in brief is the list of vitamins, the information of which I gathered when I was surfing the web using my Internet connection powered by Xfinity Internet.

Names of vitamins

Vitamin A

Type: Fat soluble.

Deficiency might cause night-blindness or other eye disorders that directly affect the cornea or the vision of the person.

Rich sources - sweet potato, butter, carrot, broccoli, spinach, cheese, egg, pumpkin, kale, collard greens, apricot, cantaloupe melon, liver, cod liver oil, and milk.

Vitamin B1

Type: Water soluble.

Deficiency might cause diseases like beriberi or Wernicke-Korsakoff syndrome

Rich sources - cereal grains, brown rice, yeast, pork, sunflower seeds, whole grain rye, asparagus, potatoes, oranges kale, cauliflower, liver and eggs.

Vitamin B2

Type: Water soluble.

Deficiency might cause ariboflavinosis

Rich sources - asparagus, bananas, fish, meat, eggs, persimmons, cottage cheese, milk, okra, chard, yogurt, and green beans.

Vitamin B3

Type: Water soluble.

Deficiency of vitamin might cause pellagra

Rich sources – animal liver, kidney, chicken, fish (tuna, salmon), milk, dates, tomatoes, eggs, avocados, leafy vegetables, asparagus, nuts, whole grains, broccoli, carrots, sweet potatoes, mushrooms, legumes, and brewer's yeast.

Vitamin B5

Type: Water soluble.

Deficiency of this vitamin might cause paresthesia

Rich sources - meats, whole grains, broccoli, avocados, and fish.

Vitamin B6

Type: Water soluble.

Deficiency of this vitamin might cause anemia, or peripheral neuropathy.

Rich sources - meats, bananas, whole grains, vegetables, and nuts. Freezing, drying and canning of milk reduces upto 50% of vitamin B6.

Vitamin B7

Type: Water soluble.

Deficiency may cause dermatitis, or enteritis

Rich sources - egg yolk, liver, and vegetables.

Vitamin B9

Type: Water soluble.

Deficiency may cause problems for pregnant women and may affect child birth.

Rich sources - leafy vegetables, fruits, legumes, baker's yeast, liver, sunflower seeds and certain fortified grain products.

Vitamin B12

Type: Water soluble.

Deficiency of this vitamin might cause megaloblastic anemia

Rich sources - fish, shellfish, meat, poultry, eggs, milk, and dairy products. Fortified cereals and soy products also contain vitamin B12.

Vitamin C

Type: Water soluble.

Deficiency may cause megaloblastic anemia

Rich sources â€“ lemon, fruit and vegetables, and liver.

Vitamin D

Type: Fat soluble.

Deficiency of this vitamin might cause rickets, and osteomalacia.

Rich sources â€“ Direct exposure to sunlight enriches the body with vitamin D naturally. It is also found in traces in fish, eggs, beef liver, and mushrooms.

Vitamin E

Type: Fat soluble.

Deficiency of this vitamin is uncommon. But a deficiency may cause mild hemolytic anemia in newborn babies.

Rich sources - kiwi fruit, green leafy items, avocado, almonds, eggs, milk, nuts, unheated vegetable oils, wheat germ, and grains.

Vitamin K

Type: Fat soluble.

Deficiency may cause bleeding or diathesis.

Rich sources - leafy green vegetables, avocado, and kiwi fruit. And Parsley contains adequate amounts of vitamin K.

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Cody is a freelance writer and an active blogger. He writes on a wide range of topics including entertainment, technology, home improvement, Internet, food, health and environment. He spend most part of the day researching for informative content using his high-speed Internet connection powered by a [Xfinity Internet](#).

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