



Frequently asked questions (FAQ'S)

Q1. What are vitamins?

Ans: Vitamins are organic molecules that function in a wide variety of capacities within the body. The most prominent function is as cofactors for enzymatic reactions.

Q2. What are water soluble vitamins?

Ans: Water-soluble vitamins dissolve in water and are not stored; they are eliminated in urine. We need a continuous supply of them in our diets. The water-soluble vitamins are the B-complex group and vitamin C.

Q3. What is vitamin B Complex?

Ans: The vitamin B complex comprises a group of water soluble factors more or less closely associated in their natural occurrence. It is now customary to refer them by their chemical names. Previously they were named B₁, B₂, B₃ etc. The only common property exhibited by these vitamins is that they form co-enzymes or prosthetic groups of different enzymes.

Q4. What are deficiency symptoms of vitamin C?

Ans: Lack of vitamin C causes a disease called scurvy. It is the oldest deficiency disease recorded in history. This disease causes weight loss, weakness, bleeding gums, loosening and falling out of teeth and subcutaneous and intramuscular hemorrhage. Healing of wounds is delayed. In childrens there might occur loss of appetite. Its deficiency is also responsible for the cause of anemia.

Q5. What are physiological functions of thiamine?

Ans: Thiamine is involved in carbohydrate metabolism. Thiamine reacts with two terminal phosphates of ATP to form thiamine



pyrophosphate TPP, that acts as co-enzyme and helps in carbohydrate metabolism specially during glycolytic pathway and kreb's cycle. It is suggested that insulin is required for formation of TPP from thiamine.

Thiamine is also responsible for the normal uptake of oxygen by the brain tissue.

Q6. What are deficiency symptoms of niacin?

Ans: A deficiency may cause pellagra, the classic niacin deficiency disease, and is characterized by bilateral dermatitis, diarrhea, and dementia. A shortage of niacin may be indicated with symptoms such as canker sores, depression, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pains, loss of appetite, low blood sugar, muscular weakness, skin eruptions, and inflammation.

Q7. What are daily requirements of vitamin B6?

Ans: The daily requirement of vitamin B6 in normal adult man is about 1.5-2mg. infants also require 2 mg per day. Pregnant women requires about 6-7 mg per day.

Q8. What are the deficiency symptoms of cobalamine?

Ans: The most important disease associated with vitamin B12 deficiency is pernicious anemia. It is characterized by low haemoglobin levels, decreased number of erythrocytes and neurological manifestations.

Q9. What are the deficiency symptoms of Folic acid?

Ans: Folic acid deficiency in man causes megaloblastic and nutritional macrocytic anaemia leucopenia, mouth lesions, glossitis and disorders of the gastrointestinal tract. In rats deficiency of this vitamin leads to graying of hair.



Q10. What are the rich sources of vitamin C?

Ans: Citrus fruits such as lemons, oranges, alma, plumes, guava, grapefruits, strawberry and apple are the richest sources of vitamin C. Other good sources of the vitamin are berries, melons, tomatoes, green peppers, raw cabbage and salad greens.

Q11. What are the recommended doses of riboflavin?

Ans: Childrens require about 0.9-2 mg of vitamin B₁ in diet per day. An adult person requires about 2 mg and pregnant and lactating women need about 2.5-3 mg daily intake of this vitamin.

Q12. What are the rich sources of vitamin B₁?

Ans: The best source of vitamin B₁ are cereals, pulses and yeast. The rich source of vitamin B₁ are in nuts, oil seeds, eggs, fish, beef, liver, heart, kidney and many vegetables. Milk and fresh fruits also contain appreciable amounts of thiamine.