

ASSIGNMENT

1. Vitamin C - Food sources and Recommended allowances for Indians
2. Vitamin C - Deficiency Syndrome Or Symptoms and Some Conditions And/or Individuals At Risk For Deficiency
3. Vitamin C – Hypervitaminosis and Hypovitaminosis
4. Thiamine - Food sources and Recommended allowances for Indians
5. Thiamine – Hypervitaminosis and Hypovitaminosis
6. Food Sources and Deficiency Syndrome of Riboflavin
7. Recommended allowances of Riboflavin for different age groups. Hyper and Hypovitaminosis of Riboflavin
8. Functions of Thiamine, Riboflavin and Niacin in Human.
9. Food Sources and Deficiency Syndrome of Niacin
10. Recommended dietary allowances of Niacin and Pantothenic acid for different age groups of Indian Population
11. Deficiency syndrome of Pantothenic acid and Pyridoxine
12. Food Sources of Biotin, Vitamin B6, Folate and Vitamin B12
13. Hyper and Hypovitaminosis of Niacin and Pantothenic acid
14. Deficiency syndrome of Folate and Vitamin B12
15. Hyper and Hypovitaminosis of Folate and Vitamin B12