

## OBJECTIVE

Vitamins are organic substances present in small amounts in food. They are required for carrying out vital functions of the body. They must be supplied in the diet if the body is unable to synthesize them. Vitamins are considered essential, the word vita means 'life' in Latin.

Thorough study of this unit will be able to understand deficiencies caused due to lack of the following vitamins

☐ Vitamin-C

☐ Thiamine

☐ Riboflavin

☐ Niacin

☐ Pantothenic acid

☐ Pyridoxine (B6)

☐ Biotin

☐ Folic Acid

☐ Vitamin B12