**The Medical College for Women and Hospital**

 **Department of Biochemistry**

 **2nd Study Pack For Students**

**Batch-29th Session-2019-2020**

**Card- Food, Nutrition, Vitamins and Minerals**

**Item 2:**

**A)Vitamins: Definition, Classification of vitamins. Vitamin A: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and hypervitaminosis.**

**Vitamin D: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and hypervitaminosis.**

**Vitamin E: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and hypervitaminosis.**

**Vitamin K: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and hypervitaminosis.**

**b) Name some water soluble vitamins with its active coenzyme forms**

**B1: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**B2: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**B3: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**B6: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**Biotin: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**Pantothenic Acid: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**Folic Acid: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**B12: Chemical form, dietary sources, mechanism of action, absorption, transport, deficiency disorders and RDA.**

**From,**

**Prof.Dr. Khadijah Akther Jhuma**

**HOD, Department of Biochemistry**