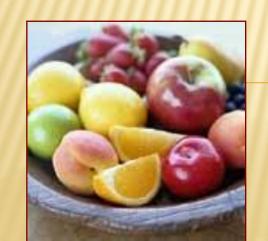
### HEALTHY FOOD



### Vitamins



### SOME FACTS FROM THE HISTORY

- The study of vitamins was initiated by the Russian physician N.I. Lunin;
- First identified vitamin in crystalline form polish scientist Casimir Funk in 1912. A year later he came up with the name from the Latin "vita" "life";

- Now there are about 50 vitamins:



### **VITAMINS** -

low molecular weight organic compounds, which are essential food components, which in minute quantities ensure the normal functioning of the body

### **SUPERVITAMINOSIS**

Hypervitaminosis occurs when excessive consumption of vitamins. Manifested in the form of intoxication (poisoning) of the organism.

More toxic effects have excessive doses of fat-soluble vitamins, as they accumulate in the body.

Hypervitaminosis is often seen in people who are engaged in bodybuilding - bodybuilding and often without measure use of nutritional supplements and vitamins.



## classification of vitamins VITAMINS

### **WATER-SOLUBLE**

(B1, B2, B6, PP, C B5, B9, B12) **Fat-soluble** 

(A, D, E, K)



necessary for

normal growth and

development of epithelial

tissue.

**Included in the visual pigment** 

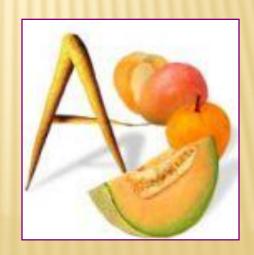
rhodopsin.

With a lack of disease Nightblind

(night blindness).



contains: in milk fish, eggs, oil, carrot parsley, apricots.





**B**,

Involved in metabolism, regulates blood circulation and blood, smooth operation muscles, activates

Brain.

With a lack of disease-Beriberi (nerve damage system, stunting, weakness and paralysis of the limbs).

contains:
in nuts,
oranges,
bread
graham,
poultry meat,
greenery.









**B**<sub>2</sub>

Regulates metabolism, involved in hematopoiesis, reduces eye strain facilitates oxygen uptake by cells.

With a lack of - weakness, loss of appetite, inflammation mucosal violation functions of

contains:
in meat,
dairy products,
green
vegetables,
cereals and
legumes
cultures.







### VITAMIN Participation in the

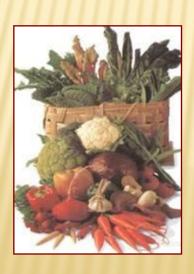
metabolism of amino acids, fat, the nervous system, lowering

With a lack of esterna, dermatitis, convulsions, dyspepsia



# pyridoxine





contains:
soya, bananas,
in seafood,
potatoes,
carrots,
legumes



**Strengthens the immune** system, involved in hematopoiesis, normalizes blood

pressure. With a lackpernicious anemia and degenerative changes neural tissue



contains: in soy products, cheese, oysters, yeast <u>eggs</u>







Responsible for the exchange of phosphorus and calcium, proper growth bones.



alcife

produced
in skin
under the action of
ultraviolet
irradiation,
egg yolk,
butter,
fish oil, caviar





Ħ

helps the body
stimulates cell renewal,
supports the nervous system,
responsible
Reproductive Health



contains:

milk
wheat germ,
vegetable oil,
lettuce,
meat, liver,
oil





Involved in the synthesis of nucleic acids, amino acids, regulates work of hematopoiesis.

With a lack of - pellagra (skin lesions, dermatitis, diarrhea, insomnia, depression)



contained
in
pork, fish,
peanuts,
tomatoes,
parsley,
wild rose,
mint



### P

cotinic



G

Helps the body fight infections, it is better to see stimulates cell renewal.



contains:
in citrus,
sweet peppers,
berries,
carrots







### THANK YOU FOR ATTENTION!

### **BE HEALTHY!**