

Vidnovsky school No. 9

Vitamins



Made by: **GALYAUDINOVA MARINA**

OVCHINNIKOVA POLINA

schoolgirls 6B class

Project manager: **Sorokina A.V**

2010

INTRODUCTION

There are about 20 vitamins. They are divided into a group of fat-soluble (A, D, E, K) and water soluble. The most famous – A, B, C,D, E, K, PP

Kasimir Funk
"vita" – «life»



h416311 [RM] © www.visualphotos.com

Vitamin A

First, vitamin A has been isolated from carrots, so the English carrot was the name of vitamin A - carotenoids.

Vitamin A is especially a lot is found in liver, especially sea animals and fish, butter, egg yolk, cream, cod liver oil. Parsley has rejuvenating properties



Spinach - a good remedy
for old age

Pumpkin is the best for a vegetable diet

Pumpkin has cosmetic properties, so it is often added to the maximum range, creams, tonics and lotions



Vitamin B₁

- plays an important role in the metabolism
- necessary for the normal operation of any cell in the body, especially nerve cells
- for cardiovascular and endocrine systems
- increases resistance to infection

Especially a lot of this vitamin in the dry yeast, bread, peas, cereals, walnuts, peanuts, liver, heart, egg yolk, milk and bran.

- ❑ Milk - a great way to combat insomnia

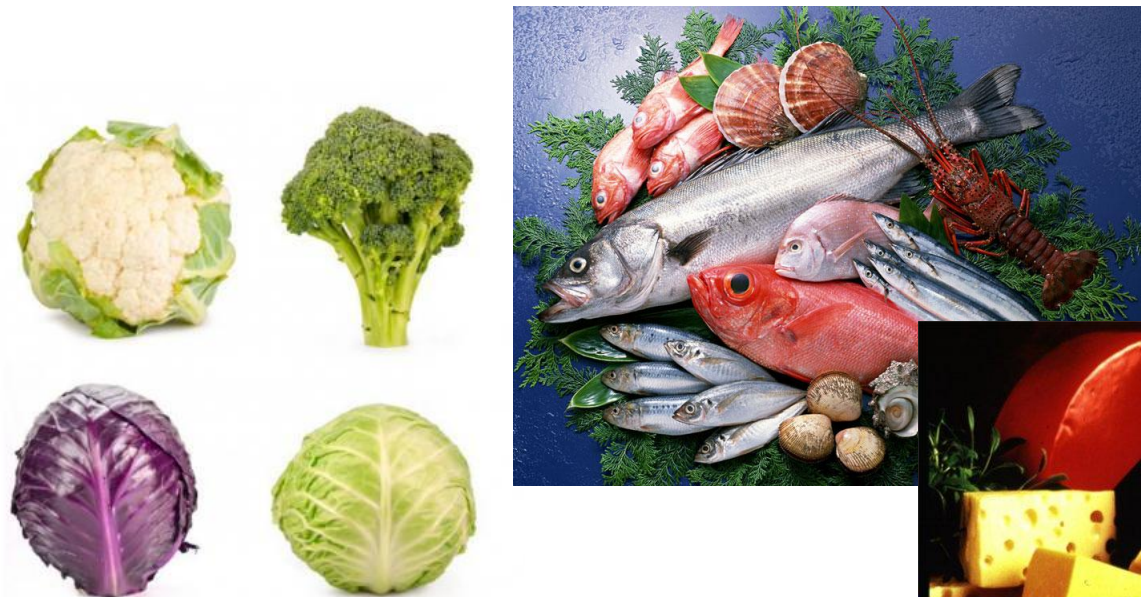


Walnut has a beneficial effect on mental activity.



- **Vitamin B2** plays an important role in the decomposition and assimilation of fats, proteins and carbohydrates
- Needed for tissue growth and regeneration
- Provides light and normal color vision, reduces eye fatigue
- Keeps healthy skin, nails, hair.

- Most of riboflavin found in foods of animal origin
- Cabbage juice has excellent cleansing properties and slow down the weight



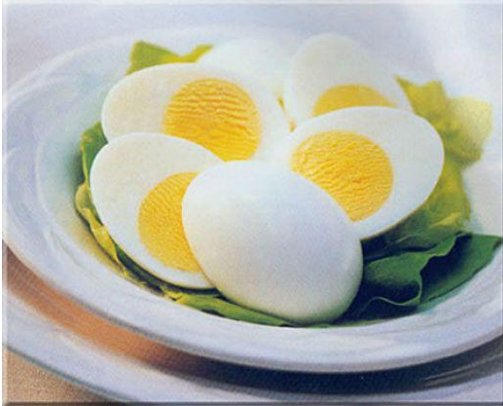


Vitamin B3 translated from the Greek panthos means "ubiquitous."

- regulates the function of the nervous system and motor function of the intestine
- vitamin used to treat some skin diseases
- prevents rapid fatigue
- supports the immune system
- accelerates the healing of wounds

The best natural sources of vitamin B3

liver, kidney, meat, heart, eggs, green vegetables, brewer's yeast, seeds, nuts



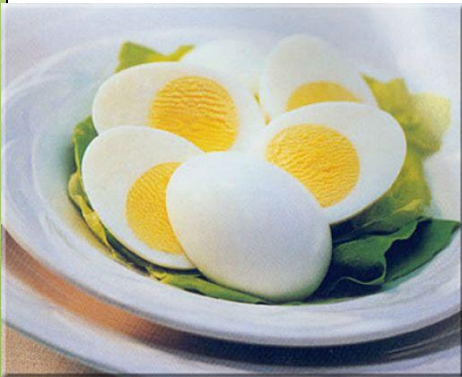
Vitamin B6. Other names are pyridoxine, pyridoxamine, pyridoxal, adermin

- especially needed for the formation of vitamin E from the amino acid tryptophan
- needed to generate energy from carbohydrates, fats and proteins
- needed for normal functioning of the central nervous system
- needed for the formation of magnesium compounds in the body

Pyridoxine is found in foods of animal origin

eggs, liver, kidneys, heart, beef, milk.

Also its a lot of green peppers, cabbage, carrots, melon



Vitamin B 12. Other name is cobalamin. This is a complex organic compound with a group of cobalt cyanide

- Vitamin B12 is essential for hematopoiesis
- It is necessary for the growth of children, and improves appetite
- Improves liver function
- It improves concentration, memory, and increases the ability of the equilibrium
- Used in the treatment of anemia, radiation sickness

Sources - in the offal (liver, kidney and heart)

Quite a lot of vitamin B12 in the cheese, seafood (crab, salmon fish, sardines), some less - in meat and poultry



Vitamin D

- ▣ Vitamin D is formed in the skin by the action of sunlight from the provitamins. Provitamins, in turn, comes in part from the body in a ready-made from plants.
- Promotes absorption of calcium
- When combined with vitamins A and C help prevent colds
- Destroys the tubercle bacillus
- It normalizes blood clotting

- Most vitamin D is found in fish oils, sardines, herring, salmon, tuna, milk and dairy products.
- Vitamin D «not like» mineral oil, could not.





Vitamin C

First isolated in 1923-1927. Zilva of lemon juice.

- Other names: ascorbic acid, anti-scorbutic vitamin, vitamin antiskorbutny
- It protects the body against many viral and bacterial infections
- Helps clear the body of toxins
- Improves the condition of the liver
- Helps reduce blood cholesterol
- Accelerates healing of wounds, burns, bleeding gums
- Increases the body's resistance

Most vitamin C include fresh fruits, vegetables, herbs

- Rose, buckthorn, black currant, red pepper - these storehouses of the vitamin
- Enemies of vitamin C - water, food processing, heat, light, oxygen, smoking



Vitamin PP

Other names: nicotinic acid, niacin

- helps reduce blood cholesterol levels
- necessary for normal functioning of the nervous system and brain
- improves digestion, cures gastro-intestinal disorders
- participates in the normal view
- improves circulation and reduces high blood pressure

- Most of nicotinic acid include brewer's yeast, bread flour, meal, liver, lean meat, kidney, white meat poultry, fish, eggs, cheese, dried mushrooms, sesame seeds, potatoes, sunflower seeds, dates, prunes, beans
- Enemies of vitamin PP - water, alcohol, food processing, estrogen



Vitamin H

Another name - biotin (from the Greek bios. "Life")

- Biotin is necessary for the exchange of nicotinic acid (vitamin PP)
- Reduces blood sugar levels
- Prevents graying and hair loss
- Eases muscle pain
- Reduces the severity of eczema and dermatitis
- Required for the synthesis of ascorbic acid

- Most biotin in beef liver, egg yolk, milk, nuts, fruits
- Magnesium deficiency can lead to biotin deficiency
- Enemies of vitamin H - cyroy egg whites, water, sulfapilamidnye drugs, hormones, estrogen, food processing, alcohol incompatible with biotin

Vitamin N

Other names: lipoic acid, thioctic acid

- Lipoic acid prevents the oxidation of ascorbic acid
- Lowers cholesterol in the blood
- Helps with various forms of atherosclerosis
- Displays the body of toxic substances

- Lipoic acid is found in most foods
- Most of it in beef and milk, a little - in vegetables
- The most effective lipoic acid acts with B vitamins





In 1929 the Danish
biochemist Henrik
Dam (Henrik Dam)
identified
fat-soluble vitamin

Vitamin K

- Prevent internal bleeding and hemorrhage
- Accelerates healing of wounds
- Enhances muscle contractions
- Provides the body with energy
- Needed for calcification of bones
- Promotes blood clotting

The main "suppliers" of vitamin K:
green leafy vegetables, pumpkin,
tomatoes, green peas, egg yolk, cod liver
oil, liver of animals, soybean oil.

Taking large doses of vitamin E affects the
absorption of vitamin K



Vitamin E

- necessary for the prevention of atherosclerosis
- increases the body's defenses
- normalizes muscle
- prevents the occurrence of muscle weakness and fatigue
- retards the development of heart failure with lesion of heart vessels
- prevents the development of serious eye diseases – cataract

Most vitamin contained

in vegetable oils, animal liver, eggs, cereals, beans, Brussels sprouts, broccoli, berries, rose hips, sea buckthorn, green leaf vegetables, cherries, mountain ash, seeds, apples and pears
its a lot of sunflower seeds, peanuts, almonds.

Destroy vitamin heat, oxygen, iron, chlorine.

Conclusion

- We know that vitamins are good for health. They are necessary for the proper functioning of the organism and the lack of a negative impact on health.
- It is important to take vitamins only on the advice of a doctor.
- It is better to provide the body the necessary vitamins use a balanced meal.

Literature

- <http://www.polezno.com>
- <http://www.yourlifestyle.ru>
- <http://vse-sekrety.ru/>
- <http://www.inmoment.ru/beauty/health-body>
- <http://budolife.narod.ru/vita1.htm>
- <http://www.vitnik.ru/fvitam.htm>