
FRONT COVER:

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Table Of Contents

Foreword

Chapter 1:

The Role Of Vitamins For Body Nutrition

Chapter 2:

The Risk Of Vitamin Deficiencies

Chapter 3:

Types Of Vitamins

Chapter 4:

Source Of Vitamins From Food

Chapter 5:

Choosing The Right Vitamins

Chapter 6:

Vitamins For Infant

Chapter 7:

Vitamins For Adult

Chapter 8:

Vitamins For Senior

Chapter 9:

Avoid Vitamins Overdose

Wrapping Up

Foreword

Most people today depend on vitamins to give their body all the necessary elements to keep the body working at its optimum. The dependency on vitamins is mainly due to the fact that there is often no time for a person to stop and have a well balanced meal and a lot of food choices today are definitely do not make up the complete vitamin body needs. Get all the info you need here.



Vitamin Vitality

Ultimate reference to vital nutrients for our body

Chapter 1:

The Role Of Vitamins For Body Nutrition

Synopsis

The vitamins are essential nutrients, which are part of a necessary process that helps to release energy from foods within its makeup and from those consumed to keep the skin, nerves and red blood cells in constant rejuvenating mode.



The Basics

The two types of vitamin groups would be categorized as fat soluble vitamins and water soluble vitamins. The fat soluble vitamins are vitamins A, D, E, and K and they are all usually found in the fat content in foods. Sources of these may also be found in food items such as vegetable oils, nut, egg yolk, fish oil, whole grains and deep green leafy vegetables.

As for the water soluble vitamins these come in the form of vitamin B, C, and B complex. Containing elements such as thiamin, riboflavin, niacin, folate, biotin and Pantothenic acid which are all what the body needs to carry out specific functions to ensure optimum working of all the body systems.

All these vital ingredients that the body needs and cannot get from the daily diet can be gotten by taking the appropriated combinations and amounts of multivitamins and mineral supplements. However caution should be exercised when taking these vitamins and minerals as some of them don't work well together and for some body systems it may end up being stored and may eventually cause toxic conditions. This is especially so if other medications are being consumed at the same time.

Chapter 2:

The Risk Of Vitamin Deficiencies

Synopsis

Vitamin consumption has not yet reached the ideal where anyone and everyone is able to get the body's daily needs on a regular basis. Some of the reasons include the high cost of supplements and minerals, the inappropriate diet plans, the lack of nutritional food intake, the lack of availability of fresh food produce such as fresh vegetables and fruits and of course the ever prevalent consumption choice of unhealthy food items.



The Risks

Vitamin deficiencies can contribute to a host of diseases and also the lack of total optimum body functions. These may be clearly shown in the person's inability to function daily with mental alertness and physical execution of functions accurately and precisely, and the presence of frequent tired spells.

The high risk groups that would more likely suffer from vitamin deficiencies would be the elderly, adolescents, young or pregnant and lactating women, alcoholics, cigarette smokers, vegetarians, people fasting or on dietary interventions, laxative abusers, users of contraceptives and analgesics and other medication for chronic diseases and people with specific disorders of the gastrointestinal tract.

Besides this people who live hectic lifestyles or those who have very little physical activity in their daily schedules will also be another group that would most likely suffer from vitamin deficiencies.

Some of the more pronounced deficiencies such as lack of vitamin A is known as the leading cause preventable blindness, diseases and severe infections occurring in children. Lack of vitamin D in the diet could lead to brittle bones as this vitamin is essential for strong bone formation and growth.

The vitamin E supplement will play a role in supporting brain growth, cardiovascular and respiratory system functions. Lack of vitamin B is also detrimental to the overall health condition of the body system as it is the main element in the manufacturing of the red blood cells that keeps the nervous system working efficiently.



Chapter 3:

Types Of Vitamins

Synopsis

Getting all the body's nutrient requirements can be done so through the consumption of vitamins on a daily or regulated basis. There are two basic categories of vitamins which are water-soluble and fat-soluble.

The water soluble vitamins would be vitamins B and C, while the fat soluble one would be Vitamins A, D, E, and K. the water soluble vitamins would be flushed out of the body system on a regular basis, thus the need to consume daily doses of this type group.

The fat soluble vitamins are usually stored in the body's fatty tissues, thus the need to use these to prevent unnecessary retention that would and could cause negative medical complications.

Types

The following is a list of some of the more prominently featured vitamins that are commonly recommended and consumed:

Vitamin A – this play a role in improving eyesight and maintaining healthy skin conditions. It can be sourced form eggs, milk, apricots, spinach and sweet potatoes.

Vitamin B – this particular vitamin has other breakdown sections which includeB1, B2, B6, B12, niacin, folic acid, biotin and Pantothenic acid.

These generate energy that the body needs for daily functions and it also actively participates in making red blood cell that carries the oxygen throughout the body system.

These can be sourced from wheat, oats, fish, seafood, leafy greens, milk, yogurt, beans and peas.

Vitamin C – this vitamin helps to strengthen the gum and muscles, while also helping to heal wounds and overcome infections. The main source of which is from tomatoes, cabbages, broccoli and strawberries.

Vitamin D – strengthens the bones and teeth and also aids in the absorption of calcium. It can be found in fish, egg yolk, milk, and some other dairy products.

Vitamin E – takes care of the lung functions and also helps in the formation of red blood cells. It can be found in nuts, leafy greens, oats, wheat and milk.



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