

Competition Cosmos

Vitamins

Vitamins	Functions	Deficiency Symptoms	Sources
Vitamin A	Essential for the Development of Babies before birth and the growth of children. Especially needed for the growth of bones and teeth. Keeps the skin healthy.	Night Blindness, poor growth, rough and dry skin, Xerophthalmia, in which the surface of the eye becomes dry.	Eggs, Butter, Milk, Carrot, Papaya, mango, Liver, Sweet Potatoes, Green and Yellow Vegetables.
Vitamin B ₁	Like Vitamin A, this vitamin is also needed for growth. Our body also needs it to change carbohydrates into energy.	Beriberi, a disease of the nervous system.	Meat, Cereals, Yeast, Nuts, Peas, Potatoes, most of the vegetables
Vitamin B ₂	Needed for growth and for healthy skin and eyes. Promotes the body's use of oxygen in converting food into energy.	Cracks in the skin at the corners of the mouth. Scale skin around the nose and ears. Eyes become extremely sensitive to light	Eggs, Fish, Liver, Milk, Cheese and Green leafy vegetables
Vitamin B ₁₂	Essential for normal functioning of another vitamin called folic acid. They both are needed to produce DNA.	A deficiency of either of these vitamins causes anaemia. Lack of vitamin B ₁₂	Eggs, Liver, Milk and other animal sources of protein
Vitamin C	Essential for healthy blood vessels, bones	Scurvy, a disease in which bleeding	Lemons, Oranges, Musambi, Raw

	and teeth. Also helps to form collagen, a protein that holds tissues together.	occurs under the skin, around teeth and bones.	cabbage, Strawberries, Tomatoes, Potatoes, etc.
Vitamin D	Helps in absorption and metabolism of calcium and phosphorus and thus assists in body growth.	Rickets, a disease in which bones fail to harden sufficiently and become bent.	Eggs, Milk, Fish Liver oil and Sunlight
Vitamin E	Plays an important role in maintaining cell membranes.	Deficiency of vitamin E occurs rarely and produces few symptoms.	Eggs, Milk, Cereal, Meat, liver and Vegetables
Vitamin K	Essential for Blood Clotting	Delay in blood clotting.	Green leafy vegetables

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