

2- Water soluble vitamins

This group consists of vitamin B and C. These are required in minute quantity and not stored in the body. Vitamin B is a group of enzymes; they are thiamine, riboflavin, folic acid, choline and inositol etc.,

2.1- Thiamine

Vitamin B1 and thiamine is a white solid soluble in water. It is found in all cereals, grain, meat, potatoes, peas, pulses, nuts and milk.

Functions:

It acts as a co-enzyme in the oxidation of glucose. It keeps the nerves in healthy condition and promotes good appetite and digestion. Its deficiency causes beriberi, palpitation of heart and degeneration of nerves.

2.2- Riboflavin

Vitamin B-2 or riboflavin is a yellow crystalline water soluble compound. It is naturally occurring in free form or as a co-enzyme, flavin adenine dinucleotide (FAD).

Sources: milk, liver, kidney, heart, lean meat, egg, cheese and green vegetables.

Functions:

It is involved in the release of energy in the cell. It keeps the eyes healthy and the skin around the mouth and nose. Its deficiency causes glossitis in man- a condition in which the tongue and lips are swollen and scalded at the corners of the mouth.

2.3- Nicotinic Acid

It is also called as niacin. It is a white crystalline solid. It is involved in the formation of tryptophan. It is found in liver, lean meat, pulses, beans and leafy vegetables. It helps in glucose oxidation. It improves health of skin, tongue, digestive tract, and nervous system. Its deficiency causes pellagra.

2.4- Vitamin B-6

Pyridoxine, pyridoxal are related compounds of Vitamin B-6. Pyridoxine is crystalline in nature. This vitamin is found in rice bran, yeast, seeds, cereals, egg yolk and meat.

Functions:

It is the part of enzyme system and involve in transamination, a vital step in amino acids metabolism.

2.5 - Folic acid

It is soluble in hot water found in liver, kidney, and green vegetables. It is concerned with the synthesis of nucleic acid and formation of RBCS. Its deficiency results in anemia in which synthesis of red blood cells decreased.

Ascorbic acid

Ascorbic acid or vitamin C is a white crystalline substance, which is highly soluble in water.

Sources: citrus fruit, mango, guava, spinach, spinach, tomatoes, potatoes, green chilies.

Functions:

It is essential for the formation of all tissues in the body and helps to strengthen the blood vessels. It aids in in the absorption of iron in intestine, in healing of wounds. Its deficiency cause scurvy, bleeding gums and anemia.