Water Soluble Vitamins

1. Vitamin C (Pages 277 - 280)

   A. Functions

      i. Antioxidant

      ii. Structural Functions

         a. Collage Formation (Page 278)

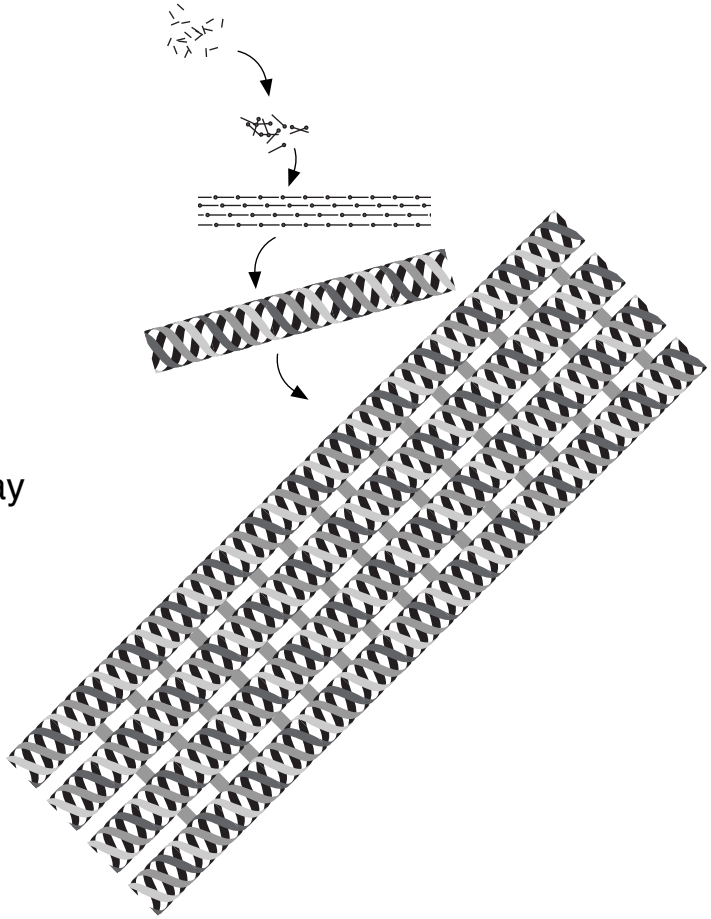
         b. Hold Cells Together

         c. Wound Healing, and Bone Repair

         d. Growth

   B. Requirements

      i. RDA: 75 - 90 mg/day



2. B Vitamins

   A. Coenzyme Functions

   B. Some Gereral Points regarding the B Vitamins

      - Excretion
      - Cooking
      - Deficiencies
      - Diet
      - Alcoholics
      - Breads

   C. Thiamin (Pages 266 - 267)

      i. Functions

      ii. Deficiency Complications

         a. Beriberi

            - Nervous System
            - Muscles
            - Digestion

      ii. RDA

         a. Men: 1.2 mg / day

         b. Women: 1.1 mg / day

iii. Sources

iv. Therapeutic Uses

a. Alcoholism

b. Disease

c. Growth and Development

D. Riboflavin (Page 267 - 268)

i. Function

a. Energy Metabolism

b. Protein Metabolism

ii. Deficiencies

iii. RDA

a. Men: 1.3 mg / day

b. Women: 1.1 mg / day

iv. Sources

E. Niacin (Pages 268 - 269

i. Functions

a. Energy

ii. Side Effects of Overdoses

iii. RDA: 14 - 16 mg / day

a. Niacin Equivalents (NE)

- Tryptophan

iv. Sources

F. Vitamin B_6 – (Pyridoxine) (Page 270)

a. Amino Acid Metabolism

b. Neurotransmitters

c. Hemoglobin

ii. Medicinal Uses

a. Anemia

b. Neurological Disorders

iii. Vitamin B_6 Requirements

a. RDA – 1.3 - 1.7 mg/day

b. UL - 100 mg / day - toxicity occurs

G. Folate (Pages 270 - 274)

i. Functions

a. Cell Division

b. hemoglobin

ii. Clinical Issues

a. Anemia

b. Spina bifida

iii.

a. RDA: 400 μg DFE / day

b. UL: 1000 μg / day

iv. Sources