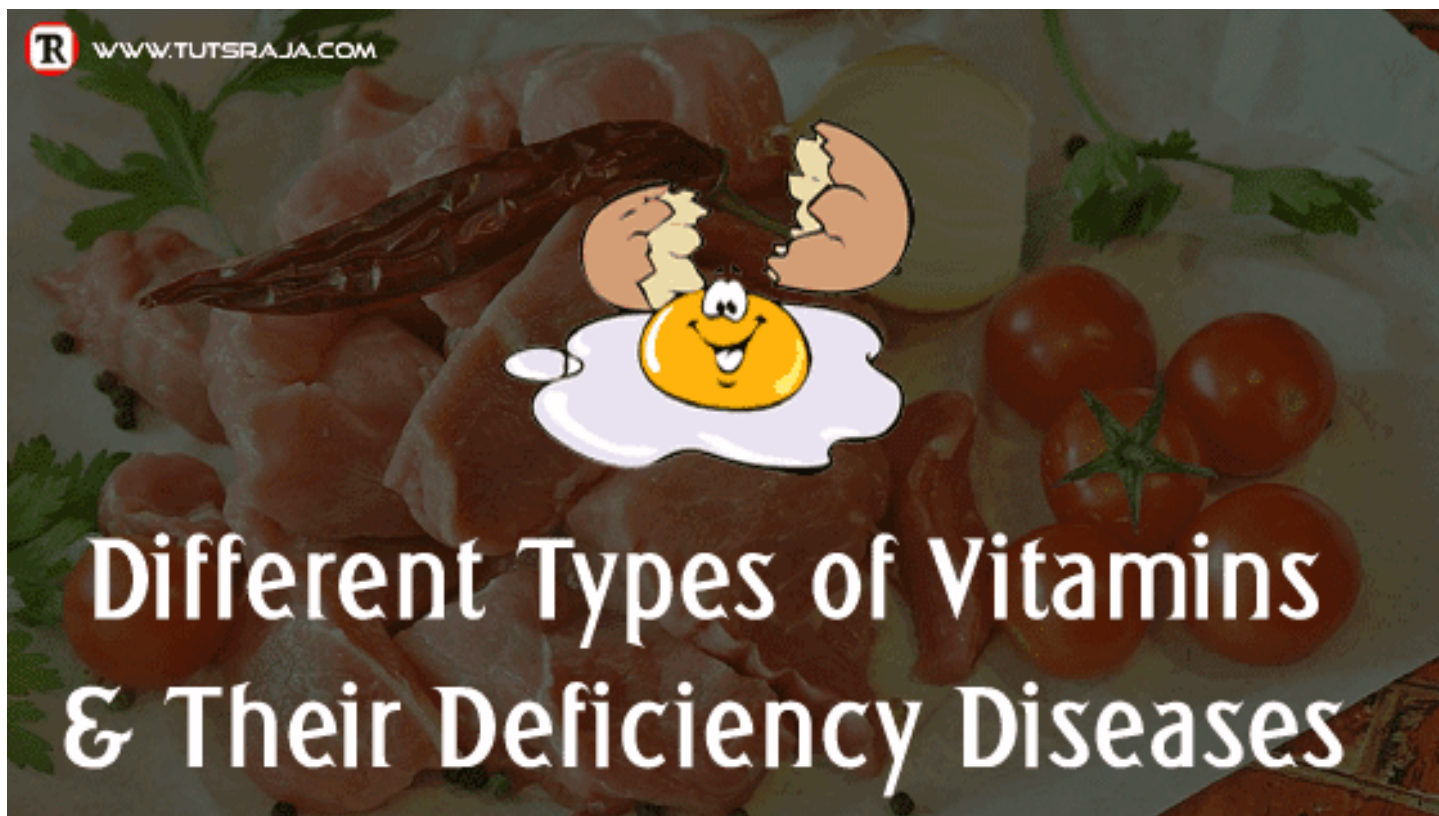


Different Types of Vitamins and Their Deficiency Diseases for Competitive Exams



Vitamin is an **organic chemical compound** and it is an essential nutrient. Vitamins play important role in normalizing human body. Different vitamins have different roles and they are needed in different quantities. **Vitamins prevent deficiency** and promote the healthy body. This article is enough to prepare vitamins topic for competitive exams.

Different Types of Vitamins and Their Deficiency Diseases

S.No	Vitamins	Functions	Deficiency Diseases	Natural Sources
1	A Retinol	Helps to build healthy eyes. Helps healing of infections. Helps for bone development.	Night blindness	Carrots, Yams, Pumpkins, Yellow or Orange Fruits, Beet greens, Fish, Eggs etc.
2	B ₁ Thiamine	Helps in carbohydrate meta	Beriberi	Brewer's Yeast, Whole

S.No	Vitamins	Functions	Deficiency Diseases	Natural Sources
		boils and energy production, normal nerve function.		Grain, Rice bran, Fresh peas, Poultry, Oatmeal, Legumes, Dried Soybean, Sunflower Seeds etc.
3	B ₂ Riboflavin	Helps in production of energy from food and formation of red blood cells.	Ariboflavinosis	Cheese, Lamb, Milk, Mushroom, Spinach, Leafy green vegetables, Almonds etc.
4	B ₃ Niacin or Nicotinic Acid	Helps promote healthy skin, Assist in release of energy from carbohydrates.	Pellagra	Carrots, Dates, Egg, Fish, Tuna, Chicken, Turkey, Mushrooms, Bacon, Broccoli, Veal etc.
5	B ₅ Pantothenic Acid	Helps release energy from foods, Required for synthesis of many substances.	Acne, Paresthesia	Lean meat, Chicken Liver, Legumes, Sunflower Seeds, Whole grain cereals, Fish, Corn etc.
6	B ₆ Pyridoxine, Pyridoxal, Pyridoxamine	Essential for protein metabolism and nervous system function. Participate synthesis of hormones and red blood cells	Dandruff-like eruptions, Pink eye, Epilepsy	Whole grain breads, chicken, Fish, Beef Liver, Potatoes, Fruit (other than citrus) etc.
7	B ₇ or H Biotin	Assists in metabolism of carbohydrates and synthesis of fats and proteins.	Growth and Neurological Disorders in Infants	Raw Egg Yolk, Legumes, Nuts, Liver, Peanuts, Yeast, Whole-wheat Bread, Cheddar Cheese, Pork etc.
8	B ₉ Folic Acid	Essential for red blood cells formation and synthesis of DNA and protein.	Macrocytic Anaemia, Birth Defects	Dark Leafy Greens like Spinach, Asparagus, Broccoli, Citrus Fruits, Beans, Peas, Lentils, Avocados etc.
9	B ₁₂ Cyanocobalamin	Helps maintain healthy nervous system, helps	Macrocytic Anaemia, Memory Loss, Pernicious Anaemia, Mania,	Seafood, Beef, Chicken, Eggs etc.

S.No	Vitamins	Functions	Deficiency Diseases	Natural Sources
		breakdown fatty acids.	Psychosis, Paralysis	
10	C L-Ascorbic Acid	Required for formation of connective tissue, bones and teeth.	Scurvy	Amla, Guava, Chillis, Kiwi, Broccoli, Orange, Papaya, Lemon, etc.
11	D Calciferol (D ₂) & Cholecalciferol (D ₃)	Aids in normal bone growth and tooth function.	Rickets, Osteomalacia	Sunlight, Mushrooms, Alfalfa, Fish Liver Oils, Cooked Egg Yolk, etc.
12	E Tochopherols & Tocotrienols	As an antioxidant it protects body body cells and helps maintain normal red blood cells.	Red Blood Cell Destruction, Ataxia, Retinopathy, Peripheral Neuropathy, Reproductive Failure	Wheat Germ Oil, Canola Oil, Sunflower Oil, Almond Oil, Hazelnuts, Peanuts etc.
13	K Phylloquinone (K ₁), Menaquinone (K ₂)	Essential in blood clotting process.	Lack of Clotting of Blood, Lack of Tissue Renewal	Green Leafy Vegetables etc.

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