

# **b-Water- soluble vitamins:**

**B & C**

**Vitamins B: Richest sources:**

**Yeasts & organ meat.**

**Vitamins C: Richest sources:**

**citrus fruits.**



# **Vitamin B12:** Deficiency

leads to pernicious anemia

(macrocytic mega blastic

hyperchromic anemia)



**Vitamin C:** Deficiency leads  
to Scurvy (bleeding gum).

**Richest sources: Citrus fruits as  
lemon & orange**



# 5- Minerals:

**1- Calcium:** necessary for bones & teeth. It is regulated by parathormone. Richest sources: milk & canned fish



**2- Iron:** necessary in formation  
of hemoglobin & myoglobin.

Deficiency leads to iron  
deficiency anemia (microcytic  
hypochromic)



**3- Zink:** necessary for  
formation of DNA & immune  
system. Sources: fish, egg  
yolk & beans



**4- Selenium: antioxidant &  
improves immunity.**

**Sources: nuts, sea food &  
mushroom**



**5- Iodine:** necessary for  
formation of thyroxin which is  
necessary for energy &  
development. Sources: sea food





**6- Fluorine:** It prevents dental  
caries. Sources: drinking water,  
sea food & tea



**7- Cobalt:** necessary for  
formation of vitamin B12



# 6- Water

It constitutes 70% of body weight. Man should drink at least 2 liters/day at winter. Water regulates body temperature



**Thank you**