

SLM Vitamins Table

Name	Main occurrence	Effectiveness	Lack	Overdosing	Increased need	Characteristics	Daily need
Vitamin A (Retinol)	Cod-liver oil, liver, kidney, milk products, butter, yolk, as provitamine A in carrots	Normal growth, function and protection of skin, eyes and mucous membrane	Growth stop, night blindness	Impaired visions, headache, nausea, vomitus, tiredness, skin change	Smoker, vegetarian, in case of high alcohol consumption, intake of cathartic, birth control pill, antibiotics	Fat-soluble, light and oxygen-sensitively	approx. 1 - 5mg
Vitamin B1 (Thiamin)	Wheat germs, wholemeal cereals, peas, heart, pork, barm, oatmeal, liver, brown rice	Important for the nerve system, liver damage, inefficiency, pregnancy, mosquito protection (high-dosed), production of energy, affects the carbohydrates metabolism, important for the thyroid function	Heavy muscle- and nerve disturbances, tiredness, dyspepsias, dropsy, cardiac insufficiency, cramps, paralyses, prickle in arms and legs	none	Diet, youth, pregnant and nursing women, alcohol consumption, intake of birth control pill, antibiotics, chemotherapy	Water-soluble, Thiamin gets destroyed by heat and long storage, but not by freezing. Daily intake of vitamin B1 is important, because the body can't store B1, which comes over the food	approx. 2mg (At carbohydrates-packed nutrition some more)
Vitamin B2 (Riboflavin)	Milk products, Meat, wholemeal cereal, cheese, eggs, liver, sea-fish, green leafy vegetables, whey powder	Important for body growth, utilization of fats, protein and carbohydrates, well for skin, eyes and nails, important energy bringer, oxygen transport	(rarely) skin inflammation, brittle nails, anaemia, callus attrition	not known	Pregnancy, intake of birth control pill and antibiotics, chemotherapy, fever, smoker, old people	Water-soluble, food with Vitamin B2 should be stored cool and dark.	approx. 2 mg
Vitamin B3 (Niacin, Nicotine acid)	Barm, peanuts, peas, liver, poultry, fish, lean meat	Building and degradation of fat, protein and carbohydrates, good sleep	Skin and mucosa inflammation, headache, trembling, vertigo, sleep disturbance, depressions, feeling of prickle and deafness in the limbs	(with over 100mg a day) pruritus, nausea, allergies	Labor, fever, nursing women	Water-soluble, effect is outweighed by sugar and alcohol	13 - 16 mg
Vitamin B5 (Pantothen acid)	Liver, vegetable, wheat germs, asparagus, crabs, meat, sunflower cores, Pumpnickel	Against turning grey, hair loss, hair and mucous membrane illnesses, necessarily for the dismantling of fat, proteins and carbohydrates	Nerve malfunctions, bad healing of wounds, early turning grey, weakened immune system	Over urine excreted	Old people, pregnant and nursing women, burden, drinking much coffee an tea	Water-soluble, heat-sensitive	approx. 10 mg
Vitamin B6 (Pyridoxin)	Bananas, nuts, wholemeal products, yeast, liver, potatos, green beans, cauliflower, carrots	Travel sickness, neuralgia, liver damage, premenstrual syndrome, digestion of protein, most important hormone in pregnancy together with folic acid, detoxication	(rather rarely) intestine problems, bad skin, tiredness, rough corners of the mouth	With intake of this for a longer time in form of tablets it can deposit in the body tissue and lead to nerve damages.	Period of growth, intake of birth control pill, cortisone, during physical and mental load, before the menstruation	Water-soluble, neither heat nor light-resisting	approx. 2 mg

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Vitamin B7 (Biotin, Vitamin H)	Liver, cauliflower, champignons, wholemeal products, eggs, avocado, spinach, milk	Skin diseases, loss in growth of hairs, liver damage, assists metabolism, carbohydrate and fatty acid activity, together with vitamin K it is needed for building up the clotting factors	States of exhausting, skin inflammations, muscular pains, hair loss, nausea	not known	Intake of birth control pill, antibiotics and cathartics	Water-soluble	approx. 0,5 mg
Vitamin B9 (Folic acid, Vitamin M)	Liver, wheat germs, cucurbit, champignons, spinach, avocado	Liver damage, cell division, healing and growth of muscles and cells, protein metabolism	Anaemia, digesting disturbances, disturbances of hair -, bone and cartilage growth	Allergies, sleep disturbances and bad moods (with more than 15 mg a day)	Pregnant and nursing women, smoker, youth	Water-soluble, do not tolerate with heat, light or oxygen	approx. 160 µg
Vitamin B12 (Cobalamin)	Liver, milk, yolk, fish, meat, oysters, quark, barm	Building substance of cytoblast and erythrocyte, nerve pains, skin and mucosa inflammation, liver damage	Aenaemia, nerve disturbances, nervous disturbances, changes in the lung and the spinal marrows	Not possible, because it will be excreted by the body	Diabetics, pregnant and nursing women, vegetarian, vegan, intake of birth controll pill, antibiotics and anti cramp means, chemotherapy	Not water-soluble, heatproof	approx. 5 µg
Vitamin C (ascorbic acid)	Dogroses, sea buckthorn, citric fruits, black currants, potatoes, paprika, tomatoes, collard, spinach, vegetables, radish	Inflammation and bleeding-restraining, assists the body's defences, protects cells against chemical destruction, activates enzymes, structure of connective tissue, bones and dental enamel, faster healing of wounds, stabilisation of psyche	Gum-bleed, tiredness, joint pain and headache, bad healing of wounds, lack of appetite, scurvy, inefficiency	In the case of overdosing in form of powder and pills nausea, vomiting and urine stones can be the result.	Smoker, pregnant and nursing women, older people, diets, alcohol consumption, intake of birth control pill, antibiotics, cortisone, analgesics and barbiturates	Water-soluble, oxygen and dryness-sensitively, not for a long time store	approx. 75 mg - 200 mg
Vitamin D (Calciferol)	Cod-liver oil, liver, milk, yolk, butter, sea fish, herring, champignons, avocado	Regulation of calcium- und phosphat household, structure of bone, assits admission of calcium	Bone curvature and softening, increased infection sensitivity, amyasthenia	(only with man-made Vitamin D) Calcium deposists in bones, heart muscle, blood vessels, stomach, headache, vomiting, swindle, gastro-intestinal diseases	Babies, older humans, intake of birth control pill, cathartic, antibiotics, barbiturate	Fat-soluble, light sensitively, heatproof	approx. 5 µg
Vitamin E (Tocopherole)	Sunflowers -, corn -, Soja and wheat germ oil, nuts, flaxseed, salsify, peperoni, collard, avocado	Stabilization of the immune system, anti-inflammatory, cell replacement, protection from radicals, modulates cholesterol level and hormone household, important for blood vessels, muscles and reproduction organs	(rarely) amblyopia, tiredness, amyotrohia, dislike, reproduction problems	(particularly by synthetically manufactured caps) bad healing of wounds, deficiency symptoms, swindle, nausea	intake of cathartics and blood-fat-lowering medicines, high consumption of alcohol	Fat-soluble, it is destroyed by open storage, deep-freezing or cooking with much fat	10 - 30 mg (with fat-enrich nutrition more)
Vitamin K (Phyllochinone)	Eggs, liver, green collard, green vegetable, bulbs, oatmeal, kiwi, tomatoes, cress	Necessary for formation of the blood clotting factors	High doses of vitamin A and E work against vitamin K.	With intake for a longer time, it can become toxid, bleedings, hot flashes, renal diseases	Babies, high consumption of alcohol, intake of birth control pill, antibiotics and carthartics	Fat-soluble, food with Vitamin K should be stored darkly	approx. 2 mg