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Most vitamins are not single molecules but groups of related molecules called vitamers. For example there are eight vitamers of vitamin E four tocopherols and four tocotrienols

The term vitamin does not include the three other groups of essential nutrients minerals essential fatty acids and essential amino acids

[2] Nov 22 2025 All vertebrates including humans require dietary sources of vitamin A vitamin D thiamin riboflavin vitamin B 6 and pantothenic acid some vertebrates particularly the more highly evolved ones have additional requirements for other vitamins. Vitamins and minerals are micronutrients required by the body to carry out a range of normal functions

However these micronutrients are not produced in our bodies and must be derived from the food we eat. Vitamins are organic substances that are generally classified as either fat soluble or water soluble Sep 4 2025 Vitamins are essential nutrients that help with many body functions including metabolism and energy

There are two types of vitamins fat soluble and water soluble each of which is absorbed differently by the body Jan 21 2025 There are 13 essential vitamins. This means that these vitamins are required for the body to work properly

They are Vitamins are grouped into two categories Fat soluble vitamins are stored in the body's liver fatty tissue and muscles

The four fat soluble vitamins are vitamins A D E and K Sep 16 2024 Vitamins are made by plants and animals while minerals come from the soil and water both of which are essential for our bodies Oct 5 2023 This article explains what vitamins are what they do and which foods are good sources

Follow the links in blue below for more information about each vitamin.

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