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Diploma in Pharmacy 2nd Year
Biochemistry & Clinical Pathology
Important Questions
Chapter 7 : Vitamins

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Chapter 7
Vitamins
IMPORTANT Questions

Q1. What are Vitamins ? Classify vitamins with suitable example

Ans.

Vitamins

- → The word "Vitamin" comes from the Latin word "Vita" means "life".
- → Vitamins are organic component in food that is needed in very small amount for growth and for maintaining good health.
- → Vitamins are chemicals found in very small amounts in many different foods.
- → They required to the body through diet because they cannot be synthesized by the body.
- → Water soluble vitamins cannot be stored in human's tissues. Their excess is exerted with urine.
- → Fat soluble vitamins can be stored in adipose tissue and the liver.

Classification

- ➢ **Fat Soluble Vitamins :** Vitamins that dissolve in fat because fat is easily stored in our body, Fat soluble vitamins can be stored within out fat. This means they can accumulate and be saved for later use.
    - Vitamins A • Vitamins D • Vitamins E • Vitamins K
- ➢ **Water Soluble Vitamins :** Water Soluble Vitamins that dissolve in water because our body is a watery environment. These vitamins can move through our body pretty easily & they can also be flushed out by the kidneys.
    - Vitamin B Complex & Vitamin C

Q2. Give the function of vitamins.

Ans.

Function of Vitamins

- They build up the resistance of the body against disease.
- Prevent and cure various disease caused by deficiency.
- Help the Digestion and Utilization of Minerals salts and carbohydrates in the in the body.
- Stimulate and give strength to digestive & Nervous system.
- Help Maintenance of Proper Health & normal Growth.

Q3. Write the scientific name of vitamins.

Ans.

Scientific name of Vitamins

Fat soluble

- Vitamin A (Retinol)
- Vitamin D (Calciferol)
- Vitamin E (TocoPherol)
- Vitamin K (Phylloquinone)

Water soluble

- Vitamin B 1 (Thiamine)
- Vitamin B 2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic Acid)
- Vitamin B6 (Pyridoxine)
- Vitamin B7 (Biotin)
- Vitamin B9 (Folic acid)
- Vitamin B12 (Cobalamin , Cyanocobalamin)
- Vitamin C (Ascorbic Acud)

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