

CHAPTER 8

VITAMINS

OVERVIEW

Chapter 8 covers the fundamentals of vitamins and vitamin supplements. The introduction to this chapter compares water-soluble and fat-soluble vitamins and provides evidence that all vitamins have been discovered. Each Fat-soluble and water-soluble vitamin is presented individually including the properties, functions in the body, absorption, potential for deficiency or toxicity, food sources and recommended intakes for each. Vitamin and mineral supplementation is discussed in the Looking Further section. A brief paragraph addresses vitamin like compounds.