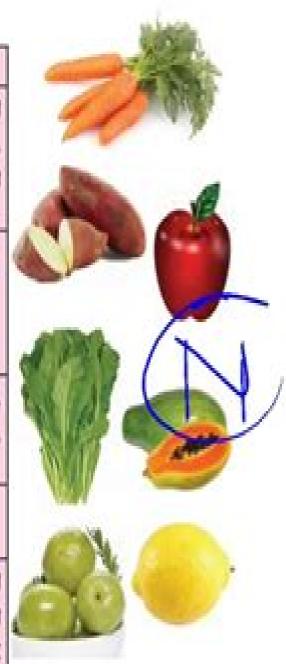
जीवनसत्त्वे – स्रोत व कार्य

जीवनसत्त्व	कार्ये	स्रोत	अभावजन्य विकार
A	डोक्क्यांचे रक्षण; त्यचा, दात, हाडे निरोगी राखणे.	गाजर, दूध, लोगी, गडद हिरव्या भाज्या, रताळे, गडद पिवळी फळे आणि भाज्या	रातांधळेपना (कमी उत्रेडात पाहू न शक्त्ये, अंधत्व) झीरोडर्मा (त्वचा कोरडी पडणे)
B1	चेतातंतूंचे व हदयाचे कार्य नीट होण्यास मदत करणे.	दूध, मासे, मांस, तृणधान्ये, कवचफळे, डाळी	बेरीबेरी (चेतातंतुंचा आजार), स्नाव्ंचा अशक्तपणा/ अकार्यक्षमता
B9	शरीराची वाद	गडद हिरव्या भाज्या, पपई, कीवी	वाड नीट न होणे, ऑनिमिया, विसर पडणे, हालचाली मंदावणे.
B12	लाल रक्तपेशी तयार करणे.	दुष्पजन्य पदार्थ, मांस	ऑनिमिया
С	शरीराच्या उतीचे रक्षण करणे, हिरड्या, दात, हाडे, त्वचा यांसाठी	आवळा, कीवी, संत्री व इतर लिंब्वर्गीय फळे तसेच कोबी, टोमॅटो,	स्कर्वी (हिरडवांमधून रक्तमाथ होणे) गलग्रंथी सुजले, जखमा लयकर



Vitamin Chart Marathi Language File

M Woodhall

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