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VITAMINS

WHY DO WE NEED THEM?

Vitamins are things that when we eat them they can help our body fight against health problems. For example, olden day sailors had little amounts of vitamins, which caused scurvy. However, vitamin C was the antidote. We need to get them from other resources, like fruit, since our bodies cant make these vitamins.

THE VITAMINS AND WHAT WE NEED THEM FOR?



Even though we still need vitamins, eating a large portion of them could be the equivalent of eating poison!

- Vitamin A makes white blood cells (a key to the immune system) and they also help with night vision.
- There are at least 7 kinds of B vitamins helping to use the energy from the foods correctly.
- Vitamin C helps with collagen which can strengthen teeth
- Vitamin D helps with bone production by mining the materials necessary
- Vitamin E destroys materials that could damage cells
- Vitamin K helps with blood clotting

HOW THEY ARE ABSORBED...

VITAMINS ARE PROCESSED IN TWO WAYS.

LIQUID SOLUBLE:

- These liquid soluble vitamins consisting of C and B vitamins flow well through the blood stream and are passed into the kidneys so they need to be replenished on a daily basis.

FAT SOLUBLE:

- Other, mainly Fat soluble, vitamins pass through the digestive system and are carried around by proteins. They could be stored through the liver in fat cells, so don't overload on them

CONCLUSION:

In conclusion, it's mainly about keeping a balanced diet. I think that they should not either be undertaken or overtaken; just keep the balance right.

