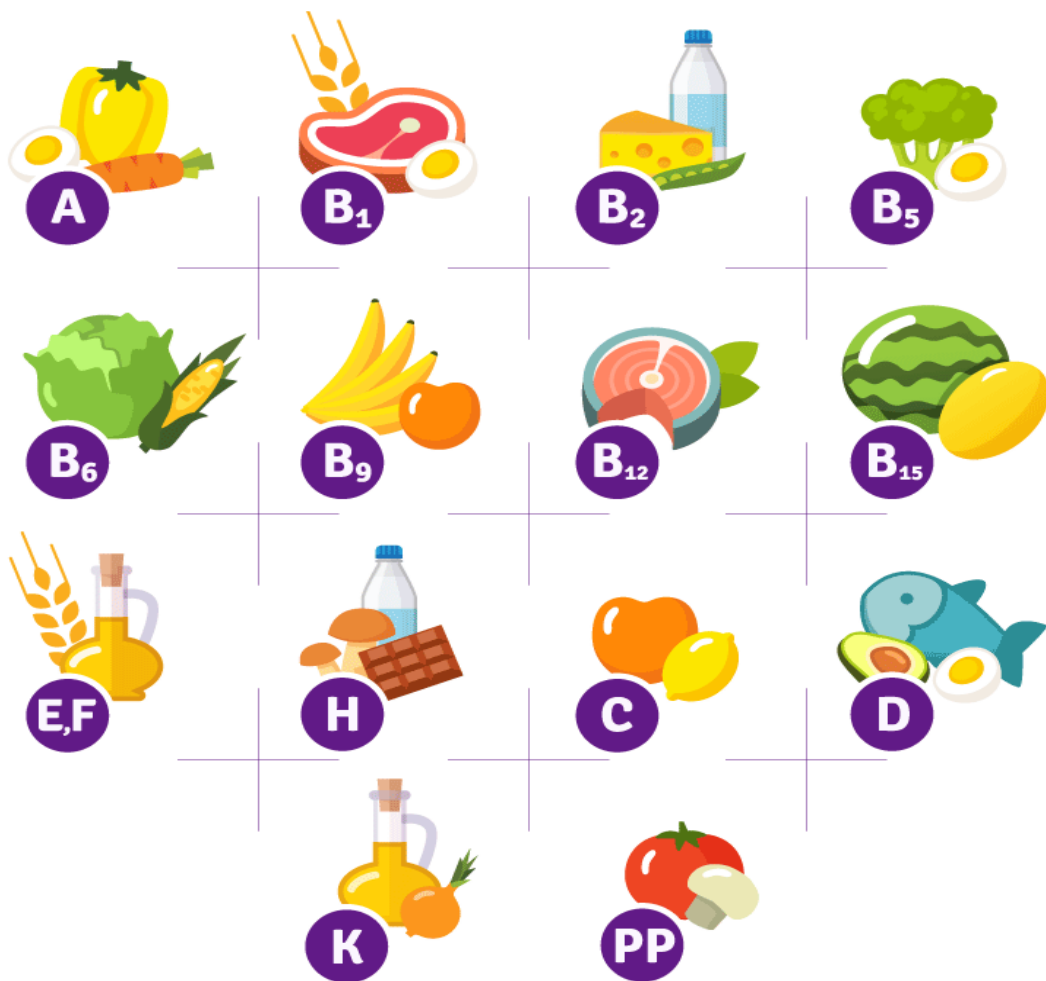


All Vitamins Chemical Name List



Common Name	Solubility	Chemical Name	Food Sources	Deficiency disease
Vitamin A	Fat-soluble	Retinol	Carrot, Broccoli, Milk, Spinach, tomatoes, Egg yolk, Fish, Butter	Night blindness, hyperkeratosis, and keratomalacia
Vitamin C	Water-soluble	Ascorbic acid	Green Chilli, Lettuce, Beans, Fresh citrus fruits such as orange and Amla	Scurvy, Bleeding Gums
Vitamin D	Fat-soluble	Calciferol	Cod liver oil, Fish, beef, egg yolk, liver, chicken breast and cereals.	Rickets and osteomalacia
Vitamin E	Fat-soluble	Tocopherol	Vegetable oils like Cotton seed oil, Sunflower oil, Lettuce, Egg, Milk	Sterility in males and abortions in females, mild hemolytic anemia in newborn infants
Vitamin K	Fat-soluble	Phylloquinone	Pork liver oil, Leafy vegetables, Cabbage, Broccoli, Beef and lamb.	Bleeding diathesis
Vitamin B1	Water-soluble	Thiamine	Cashew Nuts, Corn, Wheat flour, Cabbage, Milk, Meat	Beriberi, Wernicke-Korsakoff syndrome
Vitamin B2	Water-soluble	Riboflavin	Sprouted gram and wheat, Beef liver, Milk, Mushrooms, Bananas.	Ariboflavinosis, glossitis, angular stomatitis

Vitamin B3	Water-soluble	Niacin	Molasses, Green Peas, Sweet Potatoes, Liver, Egg yolk, Mushrooms, Milk Products	Pellagra
Vitamin B5	Water-soluble	Pantothenic Acid	Yoghurt, egg yolk, Meat, Broccoli, Kidney, Peanuts, Chicken, Milk, legumes, mushrooms, avocado	peripheral neuropathy
Vitamin B6	Water-soluble	Pyridoxine	Food crops, Sprouted Seed, Meat, mushrooms, Leafy vegetables	Anemia peripheral neuropathy
Vitamin B7	Water-soluble	Biotin	Cereals, Yeast, Cauliflower, Peas, egg yolk, Milk, Tomatoes	Dermatitis, enteritis
Vitamin B9	Water-soluble	Folic Acid	Citrus fruits, green leafy vegetables, whole grains, legumes, beets	Deficiency during pregnancy is associated with birth defects, such as neural tube defects
Vitamin B12	Water-soluble	Cyacobalamin	Fish, meat, poultry, eggs, milk	Megaloblastic anemia / Pernicious anaemia