

# Download Vitamin And Mineral Requirements In Human Nutrition Second Edition

EN Nutrition - Publications - Micronutrients - General - Vitamin and mineral requirements in human nutrition (second edition) Vitamin and mineral requirements in human nutrition Second edition P000i-00xx 3/12/05 8:54 PM Page i Vitamin D is a group of fat-soluble secosteroids responsible for increasing intestinal absorption of calcium, magnesium, and phosphate, and multiple other biological effects. In humans, the most important compounds in this group are vitamin D 3 (also known as cholecalciferol) and vitamin D 2 (ergocalciferol). Cholecalciferol and ergocalciferol ... Vitamin C, also known as ascorbic acid and L-ascorbic acid, is a vitamin found in various foods and sold as a dietary supplement. It is used to prevent and treat scurvy. Vitamin C is an essential nutrient involved in the repair of tissue and the enzymatic production of certain neurotransmitters.