

1) vit-A	Good eyesight, keeps our hair & skin healthy	Night blindness
2) vit-B <sub>1</sub>	helps in digestion, proper functioning of heart and nerves	Beri Beri

## Sources

Orange, ripen fruits, leafy vegetables, Carrot, fish, egg yolk, milk, Pumpkin.

Rice, green leafy vegetables, peas, milk, egg, fish etc.

## Symptoms

Poor vision, less vision in darkness, sometimes complete loss of vision.

Weak muscles, very little energy to do work.

Vitamins

Functions

Deficiency

3) Vit-C

helps in healing wounds, resist to common cold, healthy teeth and gum

Scurvy

4) Vit-D

Keeps bones and teeth healthy and strong

Ricket for children and Osteomalacia for adult.

## Sources

Orange, guava,  
tomato, lemon,  
amla, green leafy  
vegetables

milk, egg, fish,  
sunlight, mushroom  
etc.

## Sym<sup>s</sup>

Bleeding gums, wound  
takes longer time to  
heal.

Bones become soft  
and bent

Vitamins

Functions

Deficiency Diseases

5) Vit-E

Keep skins healthy

Anemia

6) Vit-K

Normal blood clotting,  
Strong bones,  
Prevent heart diseases

Bleeding problem

## Sources

almonds, egg yolk, vegetable oil, nuts, fruits, vegetables etc.

## Symptoms

Chronic liver, neurological problem, weakness of muscles

Spinach, egg yolk, cheese, green leafy vegetables

Gum bleeding, nose bleeding, blood in urine