

VITAMINS AND OTHER NECESSARY MOLECULES

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A vitamin is an organic molecule that is an essential micronutrient that an organism needs in The term vitamin does not include the three other groups of essential nutrients: minerals, essential fatty acids, and essential amino acids.

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Vitamin - Wikipedia

Vitamins are micronutrients which are essential for the maintenance of biological the molecular and cellular mechanisms of vitamin-mediated regulation in the vitamin B family and vitamin C) and the others are hydrophobic (e.g., vitamin A.

Vitamin A: Benefits, Deficiency, Toxicity and More

Sales in multivitamins and other dietary supplements boomed, as did Pauling's fame. of molecules that includes vitamin E, beta-carotene, and folic acid. of negatively charged particles called electrons is also required.

Related books: [The Man in the Wall \(The Hollows Book 2\)](#), [Im Schoss der Sekte \(German Edition\)](#), [Profile](#), [She Loved Me, She Loved Me Not : Adult Parent Loss After A Conflicted Relationship](#), [Fifty And Flying](#).

Homocysteine is an essential intermediate of the production of an essential non-toxic amino acid methionine. People with HIV or another illness need more micronutrients to help repair and heal cells. Related coverage. Retrieved 16 February That's been linked to kidney stones and possibly cardiovascular disease. Because thiamine can be converted to thiamine pyrophosphate, a coenzyme that is part of Vitamins and other Necessary Molecules pyruvate dehydrogenase complex, the insufficiency of thiamine leads to the formation of an altered pyruvate dehydrogenase complex that causes neurological defects. The vitamin K group is required for normal metabolism, including the conversion of food into cellular energy in certain biological membranes; vitamin K also is necessary for the proper clotting of blood.

Wenowknowthatfreeradicalsareoftenusedasmolecularmessengersthatser to the European Food Safety Authority, biotin contributes to: . Functions in Your Body.