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Jianjun Gao

Vitamins and minerals - NHS Find out about common vitamins and minerals, including what they do, how much you need, and how to ensure you get enough. [Vitamins - MedlinePlus](#) Jul 17, 2024 · Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs; Each has specific jobs. [VITAMIN E: Overview, Uses, Side Effects, Precautions ... - WebMD](#) Learn more about VITAMIN E uses, effectiveness, possible side effects, interactions, dosage, user ratings and products that contain VITAMIN E. **Vitamins and Minerals • The Nutrition Source** Vitamins and minerals are micronutrients required by the body to carry out a range of normal functions. However, these micronutrients are not produced in our **What are vitamins, and how do they work? - Medical News Today** Oct 5, 2023 · Vitamins are essential to human health. Here, learn about each of the 13 vitamins, including good sources and how they help. Learn more here.

Vitamins A, B, C, D, E, and K: Key Benefits and Food Sources Jan 31, 2025 ·

<https://ods.od.nih.gov/factsheets/VitaminE-Consumer/> Vitamin K: Fact sheet for consumers [Fact sheet]. (2021).

<https://ods.od.nih.gov/factsheets/VitaminK-Consumer/> **Vitamin - Wikipedia** The term "vitamin" was derived from "vitamine", a portmanteau coined in 1912 by the biochemist Casimir Funk while working at the Lister Institute of Preventive Medicine.

[34] **Vitamin and Mineral Supplement Fact Sheets** This collection of fact sheets and other resources from the NIH Office of Dietary Supplements (ODS) and other federal government sources provides information about dietary supplements and their ingredients. These include vitamins, minerals, herbs and botanicals, probiotics, and more. Many of these resources are available in versions written for health professionals and for consumers (in both ... [Vitamin | Definition, Types, & Facts | Britannica](#) Aug 8, 2025 · Vitamin, any of several organic substances that are necessary in small quantities for normal health and growth in higher forms of animal life. Vitamins generally cannot be synthesized in amounts sufficient to meet bodily needs and therefore must be obtained from the diet or from some synthetic source. **List of Vitamins - Drugs.com** Compare vitamins. View important safety information, ratings, user reviews, popularity and more.

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