

FREE eBook



VITAMINS

**(SOURCES, BENEFITS AND
DEFICIENCY DISEASES)**

**FOR SSC &
RAILWAY EXAMS**

Current Affairs and General Awareness section is one of the most important and high scoring sections of SSC and Railway Exams like [SSC-CGL](#), [SSC CPO](#), [SSC CHSL](#), [RRB JE](#), [RRB ALP](#), etc. Therefore, we regularly provide you with Free Static GK and Current Affairs related E-books for your preparation. In this section, questions related to **Vitamins, about their Sources, Benefits and Deficiency Diseases** have been asked. Hence it becomes very important for all the candidates to be aware about all the important **Vitamins and related facts**.

In all the [Bank and Government exams](#), every mark counts and even 1 mark can be the difference between success and failure. Therefore, to help you get these important marks we have created a Free E-book on **Vitamins - Sources, Benefits and Deficiency Diseases**.

The details of all the important **Vitamins** is given in the following pages of this Free E-book on **Vitamins - Sources, Benefits and Deficiency Diseases**.

Sample Questions -

Q. Which of the Following is not a benefit of Vitamin E?

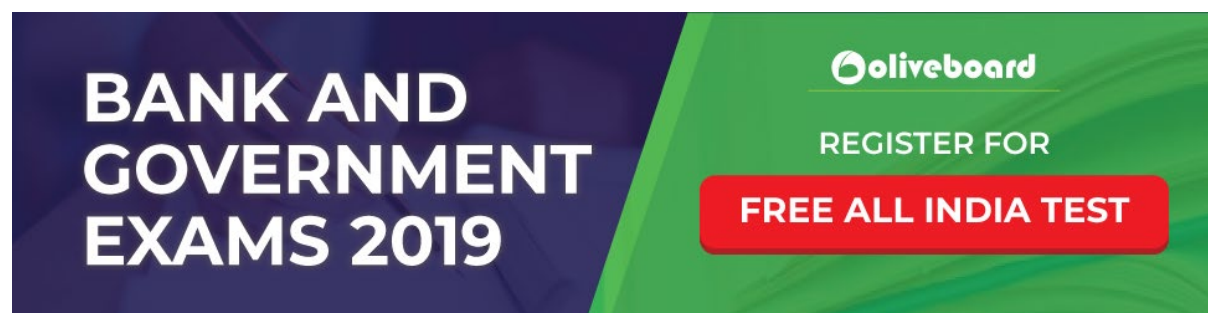
- (a) Maintaining Cholesterol levels
- (b) Healthy Hair
- (c) Hormone Balance
- (d) Teeth Development

Answer: Option D – Teeth Development

Q. Rickets is cause due to deficiency of which Vitamin?

- (a) Vitamin A
- (b) Vitamin B
- (c) Vitamin C
- (d) Vitamin D

Answer: Option D – Vitamin D



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Vitamins – What Are Vitamins?

Vitamins are the micro-nutrients required for the proper growth and maintenance of our body and organs. They help with the metabolism of proteins, fats and carbohydrates required for the body development. Vitamins are not developed/synthesized inside human body. Hence, our food should have appropriate amounts of vitamins meet the required levels.

Sources of Vitamins

The Following table contains the sources of all the important Vitamins -:

Vitamin Name	Source
Vitamin A (Retinol)	Dark green and yellow coloured vegetables and fruits, cod liver oil, Milk, Butter and other dairy products
Vitamin B1 (Thiamine)	Bread yeast, Sprouts, etc.
Vitamin B2 (Riboflavin)	mushrooms, soybean, nuts, green leafy vegetables, Almonds
Vitamin B3 (Niacin)	cereals, seeds, meat, fish – tuna, etc.
Vitamin B4 (Choline)	Vegetables, whole grains, unadulterated honey
Vitamin B5 (Pantothenic Acid)	Broccoli, sweet potatoes, beans, eggs, etc.
Vitamin B6 (Pyridoxine)	Pistachio nuts, Sesame seeds, Chicken, etc.
Vitamin B12 (Cobalamine)	Fish, Meat, Raw milk, Organic Yogurt

Vitamin Name	Source
Vitamin C (Ascorbic Acid)	Fruits – Papaya, Pineapple, Kiwi Fruit, Mango, Tomatoes, etc.
Vitamin D (Calciferol)	Sun Light, Eggs, Meat, Fish, Mushrooms, etc
Vitamin E (Tocopherol)	Almonds, Hazelnuts, Spinach, Tomatoes, etc
Vitamin K (Phylloquinone)	Green Leafy vegetables, Broccoli, Cabbage, etc.

Benefits of Vitamins

The Following table contains the list all the body parts and functions which are benefited by the intake of each of the important Vitamins :

Vitamin Name	Body Part/Functions
Vitamin A (Retinol)	Eyes, Bones and Teeth development, maintaining healthy skin, hair and nails
Vitamin B1 (Thiamine)	Nervous system, Brain functions, etc
Vitamin B2 (Riboflavin)	Overall growth and good health of the body, for Pregnant women
Vitamin B3 (Niacin)	efficient functioning of Liver, maintaining cholesterol levels in the body
Vitamin B4 (Choline)	Metabolism, Maintaining blood sugar levels, antibodies formation
Vitamin B5 (Pantothenic Acid)	Making Red blood cells, maintaining good health of hair, eyes and skin, etc.

Vitamin Name	Body Part/Functions
Vitamin B6 (Pyridoxine)	Maintaining healthy metabolism, skin health, the functioning of the nervous system, etc
Vitamin B12 (Cobalamine)	Healthy Pregnancy, Digestion, maintaining energy levels, etc
Vitamin C (Ascorbic Acid)	Gives Glowing Skin, Prevent Anaemia, Boosting Immunity, etc.
Vitamin D (Calcipherol)	Maintaining body Weight, prevents the formation of cancer cells, strong brain health, etc
Vitamin E (Tocopherol)	Maintaining Cholesterol levels in the body, healthy hair, Maintaining a balance of hormones, etc.
Vitamin K (Phillioquine)	Normal Blood Clotting, Healthy Bones, etc.



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Diseases caused by deficiency of Vitamins

The Following table contains the list the diseases cause by the deficiency of each of the important Vitamins -:

Vitamin Name	Disease Names
Vitamin A (Retinol)	Night Blindness, Dry Skin, weak teeth and bones, etc
Vitamin B1 (Thiamine)	Weak memory, Disturbances in sleep, feeling irritated, etc
Vitamin B2 (Riboflavin)	Sore throat, Amnesia, Inflammation of skin
Vitamin B3 (Niacin)	Fatigue, Indigestion, Depression, Vomiting, Pellagra etc.
Vitamin B4 (Choline)	Blood disorder, nausea, skin disorders
Vitamin B5 (Pantothenic Acid)	Gastrointestinal problems, fatigue, headache, etc.
Vitamin B6 (Pyridoxine)	Mood Swings, Confusion, Muscle pains, etc.
Vitamin B12 (Cobalamine)	Joint pains, poor Dental health, Chronic Fatigue, etc
Vitamin C (Ascorbic Acid)	Poor healing of wounds, Bleeding gums, Dry and scaly skin, Scurvy, etc.
Vitamin D (Calcipherol)	Anxiety, Depression, Weak Immune System, Rickets
Vitamin E (Tocopherol)	Visual Disturbances, General Unwellness
Vitamin K (Phillioquine)	Haemorrhage, defective blood clotting, increased bleeding.

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