

# FAT-SOLUBLE VITAMINS

VITAMIN	FUNCTION/S	DEFICIENCY/S	TOXICITY/S	SOURCES
<b>Vitamin A (Retinol)</b>	<ul style="list-style-type: none"> <li>▪ Helps to form skin and mucous membranes and keep them healthy</li> <li>▪ increasing resistance to infections</li> <li>▪ essential for night vision</li> <li>▪ promotes bones and tooth development</li> <li>▪ Beta carotene is an antioxidant and may protect against cancer</li> </ul>	<ul style="list-style-type: none"> <li>▪ night blindness</li> <li>▪ diarrhea</li> <li>▪ intestinal infections</li> <li>▪ impaired vision</li> <li>▪ inflammation of eyes</li> <li>▪ keratinization of skin and eyes</li> <li>▪ Blindness in children</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nausea</li> <li>▪ Irritability</li> <li>▪ blurred vision</li> <li>▪ growth retardation</li> <li>▪ enlargement of liver and spleen</li> <li>▪ loss of hair</li> <li>▪ bone pain</li> <li>▪ increased pressure in skull</li> <li>▪ skin changes</li> </ul>	<ul style="list-style-type: none"> <li>▪ liver</li> <li>▪ vitamin A fortified milk and dairy products: butter, whole milk, cheese, egg yolk</li> <li>▪ carrots</li> <li>▪ leafy green vegetables</li> <li>▪ sweet potatoes</li> <li>▪ pumpkins</li> <li>▪ winter squash</li> <li>▪ apricots</li> <li>▪ cantaloupe</li> </ul>

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<b>Vitamin D (Cholecalciferol &amp; Ergocalciferol)</b>	<ul style="list-style-type: none"> <li>▪ Promotes hardening of bones and teeth</li> <li>▪ increases the absorption of calcium</li> </ul>	<ul style="list-style-type: none"> <li>▪ rickets in children</li> <li>▪ osteomalacia in adults</li> </ul>	<ul style="list-style-type: none"> <li>▪ nausea</li> <li>▪ weight loss</li> <li>▪ irritability</li> <li>▪ mental and physical growth retardation</li> <li>▪ kidney damage</li> <li>▪ movement of calcium from bones into soft tissues</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vitamin D-fortified dairy products</li> <li>▪ fortified margarine</li> <li>▪ fish oils</li> <li>▪ egg yolk</li> <li>▪ Synthesized by sunlight action on skin</li> <li>▪ Sardines</li> <li>▪ Salmon</li> </ul>

VITAMIN	FUNCTION/S	DEFICIENCY/S	TOXICITY/S	SOURCES
<b>Vitamin E (Tocopherols)</b>	<ul style="list-style-type: none"> <li>▪ Protects vitamins A and C and fatty acids</li> <li>▪ prevents damage to cell membranes</li> <li>▪ Antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>▪ Almost impossible to produce without starvation</li> <li>▪ possible anemia in low birth-weight infants</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nontoxic under normal conditions</li> <li>▪ Nausea</li> <li>▪ digestive tract disorders</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vegetable oil</li> <li>▪ Margarine</li> <li>▪ Butter</li> <li>▪ Shortening</li> <li>▪ green and leafy vegetables</li> <li>▪ wheat germ</li> <li>▪ whole grain products</li> <li>▪ nuts</li> <li>▪ egg yolk</li> <li>▪ liver</li> </ul>

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<p><b>Vitamin K</b> <b>(Phylloquinone &amp; Menaquinone)</b></p>	<ul style="list-style-type: none"> <li>▪ Helps prothrombin in blood clotting</li> </ul>	<ul style="list-style-type: none"> <li>▪ Excessive bleeding</li> <li>▪ hemmorrhage</li> </ul>	<ul style="list-style-type: none"> <li>▪ anemia</li> <li>▪ jaundice</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dark green leafy vegetables</li> <li>▪ Liver</li> <li>▪ also made by bacteria in the intestine</li> <li>▪ broccoli</li> <li>▪ eggs</li> <li>▪ nonfat milk</li> </ul>

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