

A D E & K

## The Fat Soluble Vitamins

A	D	E	K
Benefit	Benefit	Benefit	Benefit
Deficiency	Deficiency	Deficiency	Deficiency
<ul style="list-style-type: none"> <li>• Vision</li> <li>• Growth of bones and teeth</li> <li>• Hormone synthesis and regulation</li> <li>• Protects from Cancer</li> <li>• Boosts immune system</li> <li>• Antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>• For Bone growth and health, absorption of calcium and phosphorus.</li> <li>• Insulin secretion</li> <li>• Cancer prevention in women especially.</li> </ul>	<ul style="list-style-type: none"> <li>• Antioxidant.</li> <li>• Stabilise cell membranes</li> <li>• Protects Vitamin A</li> <li>• E essential to health of red and white cells that pass through lungs</li> <li>• Regenerates skin cells</li> <li>• Boosts immune system</li> </ul>	<ul style="list-style-type: none"> <li>• Synthesis proteins involved in blood clotting.</li> <li>• Bone formation</li> </ul>
<ul style="list-style-type: none"> <li>• Protein &amp; Zinc deficiency *</li> <li>• Night Blindness</li> <li>• Complete Blindness</li> <li>• Bone degeneration</li> <li>• Tooth decay</li> <li>• Anemia</li> <li>• Nervous and muscular system, damage</li> <li>• Paralysis</li> <li>• Nail damage</li> <li>• Acne</li> <li>• Respiratory disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium deficiency</li> <li>• Weak bones</li> <li>• Pain in limbs, spine, thorax and pelvis</li> <li>• Damage to nervous and muscular system.</li> <li>• Muscle spasms</li> <li>• Diabetes</li> <li>• Depression</li> <li>• Stroke</li> <li>• Slow growth in children</li> <li>• Slow tooth growth in children</li> <li>• Heart disease</li> <li>• Obesity</li> </ul>	<ul style="list-style-type: none"> <li>• Red blood cells break open (erythrocyte hemolysis)</li> <li>• Damage muscular system.</li> <li>• Degeneration,</li> <li>• Weakness</li> <li>• Difficulty walking</li> <li>• Anemia</li> <li>• Cataracts</li> <li>• Brain function disorders</li> <li>• Neurological disorders</li> <li>• Slow growth in children</li> <li>• Liver function disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Blood will not clot- leads to haemorrhagic disease</li> <li>• Bruising</li> <li>• Liver cancer</li> <li>• Nose bleeds</li> <li>• Birth defects: underdeveloped nose, mouth, cupped ears.</li> <li>• Heavy menstrual bleeding</li> </ul>