

# A D E & K

## The Fat Soluble Vitamins

A	D	E	K
Benefit	Benefit	Benefit	Benefit
<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>
Deficiency	Deficiency	Deficiency	Deficiency
<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>