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# VITAMINS CHART (SPEEDY STUDY GUIDE)

Name	Role	Deficiency	Lack
<b>Vitamin A (Retinol)</b>	Builds up the immune system, helps produce, transfer, and store energy in the body.	Blurred vision, dry eyes, skin problems, hair loss, and growth retardation in children.	Excess may cause liver damage.
<b>Vitamin B1 (Thiamine)</b>	Helps convert food into energy.	Weakness, fatigue, weight loss, and heart problems.	Excess may cause nerve damage.
<b>Vitamin B2 (Riboflavin)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin B3 (Niacin)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin B5 (Pantoic acid)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin B6 (Pyridoxine)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin B7 (Biotin)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin B9 (Folate)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin C (Ascorbic acid)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin D (Calciferol)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin E (Tocopherol)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.
<b>Vitamin K (Phylloquinone)</b>	Helps convert food into energy.	Weakness, fatigue, and skin problems.	Excess may cause liver damage.

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