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| Titolo | Vitamins in the prevention of human diseases [[electronic resource] /] / edited by Wolfgang Herrmann, Rima Obeid |
| Pubbl/distr/stampa | Berlin, : Walter de Gruyter, c2011 |
| ISBN | 1-283-16473-6 9786613164735 3-11-021449-0 |
| Descrizione fisica | 1 online resource (744 p.) |
| Altri autori (Persone) | HerrmannWolfgang, Prof ObeidRima |
| Disciplina | 612.3/99 |
| Soggetti | Vitamins Vitamin therapy |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | History of the vitamins -- Vitamin A : retinol -- Vitamin B1 : thiamine -- Vitamin B2 : riboflavin -- Vitamin B6 : pyridoxine -- Vitamin B9 : folate -- Vitamin B12 : cobalamin -- Vitamin C : ascorbic acid -- Vitamin D : cholecalciferol -- Vitamin E : alpha tocopherol -- Vitamin K -- Betaine -- Choline -- Omega 3 polyunsaturated fatty acids (fish oil). |
| Sommario/riassunto | This book provides up-to-date knowledge on the role of water and fat soluble vitamins in the prevention of human diseases. The vitamins are essential food constituents with magnificent biological effects therefore, linking our biology to our lifestyle and environment. One- sided nutrition, smoking, alcohol, genetic factors, and even geographical origin interfere with our dietary intake of the vitamins. Therefore, it is not wondering that insufficient vitamin intake can impact our health and contribute significantly to the development of numerous diseases. The book offers expert reviews and judgements on the role of vitamins in our health and the link between vitamins deficiency and disease conditions at different life stages. Having knowledge about the association of vitamins and disease, as well as keeping track on the patients vitamin status has become increasingly important to physicians, clinical chemists, epidemiologists, specialists |

in nutrition, health professionals, researchers, and students who are interested in this area. Recent development in laboratory methods has helped making many issues in this field quantitative.
