

## **Benefit of Vitamins: Vitamins Roles in Our Life**

Vitamins like a mineral play very important role in our body. Due to vitamins deficiency people may have face many types of disease. Some of the most processes in the body are the result of Vitamins partnering with each other to achieve certain affects, processes or functions. Vitamins help in making the skin smooth and disease free.

The vitamins are necessary for proper growth and development of the body. It can be broadly classified into two broad categories namely, water-soluble vitamins and fat-soluble vitamins. Scientists have discovered 13 different types of vitamins including A, B group, C, D, E, and K. Each vitamin play unique role in promoting health fitness.

Vitamin A is very useful for growth and repairing of the body tissues. Vitamin A prevents skin from drying out and helps us see better in the dark. It gives also protection to the mucous membrane of throat, mouth, nose and lungs. Rich sources of vitamins A are eggs, milk, apricots, carrots, spinach and sweet potatoes etc.

Vitamin B complex is at work in and is necessary for every major system of the body and is a part of almost every important function and process. Vitamin C, E, and A are most powerful and useful when they combine their strengths thus serving as antioxidants. They function to free the body of the cell and tissue damaging free radical that have been associated with a variety of degenerative processes and diseases including the effects of the basic aging process and the declining abilities of the mind.

Vitamin C is one of the most important vitamins for health bones, gums and teeth. It provides resistance to fight against infections. It helps in the absorption of iron and synthesis of collagen. It also helps to heal wounds faster. Food rich in vitamin C includes citrus fruits, tomatoes and raw cabbage.

Vitamin K is needed for the coagulation of blood. Vitamin K is found in alfalfa, liver, cabbage, cauliflower and cereals. The bacteria in our intestines also produces vitamin K. It is used to decrease risk of bleeding in liver disease, jaundice, malabsorption, or in association with long-term use of aspirin or antibiotics.

Have you had your dose of vitamins today?!

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