



## Benefits of Vitamins

By Pooja Bajaj Malhotra

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Benefits of Vitamins, Pooja Bajaj Malhotra, Vitamins are chemical compounds that the human body needs in small amounts. They make up one of the major groups of nutrients. Each vitamin has a specific use and cannot replace, or act for, another. Lack of one vitamin in an otherwise complete diet results in a vitamin deficiency disease. This guide will give you a wealth of information regarding various vitamins - their functions, recommended daily allowances, sources and diseases resulting from a deficiency or surfeit of a vitamin.



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