

# **Download Vitamins Their Role In The Human Body**

Human nutrition, process by which substances in food are transformed into body tissues and provide energy for the full range of physical and mental activities that make up human life. Deficient intake. The body's stores for different vitamins vary widely; vitamins A, D, and B 12 are stored in significant amounts, mainly in the liver, and an adult's diet may be deficient in vitamins A and D for many months and B 12 in some cases for years, before developing a deficiency condition. Most of the vitamins and nutrients in a high quality multi-vitamin should come from natural, not synthetic sources. Check the label for such ingredients as concentrates of alfalfa, watercress, parsley, dehydrated spinach, carrot pulp, etc. The Role of Vitamins and Minerals in Thyroid Disease. We all know that we should eat the right foods in order to obtain all the necessary vitamins to maintain good health.