



WASHINGTON STATE UNIVERSITY

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NEED TO KNOW

VITAMINS + MINERALS

Classification of all the vitamins (i.e., water soluble, fat soluble, energy releasing, etc.) Megaloblastic anemia as it relates to **Folate**.

Vitamin A

- Types
- Function
- Transport

Vitamin B₁₂

- Intrinsic factor/how absorbed
- "Folate trap"

Vitamin B₁ (Thiamine)

- Beriberi and Wernicke-Korsakoff syndrome (thiamine deficiencies)
- Assay?
- Enzymes?

Niacin

- Disease associated
- What is made from Niacin?



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Vitamin C

- Disease associated
- Enzyme associated (that we discussed)

Pantothenic Acid (vitamin B₅)

- Needed for?

Vitamin A

- Types
- Function
- Transport

Vitamin D

- Production of
- Function

MINERALS

- Function of Copper
- Menkes Disease
- Wilson Disease
- Iodine and the thyroid
- Zinc and enzymes that are related to it
- Iron metabolism and enzymes/proteins associated with it
- Magnesium
- Calcium and control of serum levels
- Fluoride