

Lack of Vitamin D in Nursing Home Occupants a Comprehensive Investigation

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INTRODUCTION

A diet is a naturally occurring molecule that is an essential micronutrient that an organism needs in small amounts to function properly in its metabolism. Essential vitamins cannot be produced within the body, either insufficiently or not at all, so they must be obtained through the diet. Previously, only a few species were used to synthesize vitamin C, but no longer are others in the first example, it is not a diet, but in the second, it is. The three distinct groups of essential fatty acids, essential amino acids, and essential vitamins and minerals are no longer included in the term diet.

DESCRIPTION

The majority of nutrients are vitamins, groups of related molecules, rather than single molecules. Diet E has eight vitamins, including four tocopherols and four tocotrienols. Some reassessments list fourteen nutrients, including choline, while primary fitness organizations list thirteen: diet A, diet B1, diet B2, diet B3, diet B5, diet B6, diet B7, diet B9, diet B12, diet C, diet D, diet E, and diet K. Molecular and tissue growth and differentiation are regulated by vitamin A. Vitamin D has a hormone like effect on the metabolism of minerals in the bones and other organs. The nutrients in the B complex serve as enzyme cofactors or precursors. Antioxidants include vitamins C and E. Despite the fact that drinking more water-soluble nutrients is much less likely to cause clinically significant illness, both a poor diet and an excessive one can result in the development of significant disease. Between 1913 and 1948, all nutrients were determined. In the past, diet deficiencies have resulted in diseases caused by a lack of nutrient intake during weight loss. Then, in 1935, capsules containing yeast extract diet B complicated and semi-artificial diet C were made and sold. This was followed in the 1950s by the mass production and distribution of diet supplements, such as multivitamins, to prevent nutritional deficiencies among the general population. In order to prevent deficiencies, governments have mandated the addition of a few nutrients to staple foods like flour and milk. This practice is referred to as meals fortification. Proposals for folic corrosive supplementation during being pregnant diminished possibility of minimal one brain tube abandons. Vitamin C is a water-soluble diet found in citrus, other fruits, and vegetables. It can also be purchased as a nutritional supplement and as a topical serum component to

treat melasma and facial wrinkles. It is used to treat scurvy and save your life. Vitamin C plays a crucial role in tissue repair, the production of collagen, and the enzymatic production of positive neurotransmitters. Numerous enzymes can't function without it, and immune device function depends on it. Furthermore, it functions as an antioxidant. The majority of animals can make their own vitamin C from their food, but apes, monkeys, most bats, some rodents, and a few other animals need to get it from their food [1-4]

CONCLUSION

Although regular supplement use does not appear to prevent infection, there is some evidence that it may also shorten the duration of the common cold. Supplementation appears to have no effect on the risk of dementia, cardiovascular disease, or cancer. It can be taken by mouth or by injection. Vitamin C usually goes down well. In addition, taking a lot of it can cause flushing of the skin, stomach pain, trouble sleeping, and headaches. Normal doses are safe for pregnant women. The American Institute of Medicine advises against taking large doses.

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CONFLICTS OF INTEREST

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