

VITAMIN B9 & VITAMIN B12

**INTRODUCTION
TOPIC
VITAMIN B9
VITAMIN B12**

Tanima kole
University roll no.-220340300049

VitaminB9 (folic acid)

Folate is a generic term which includes naturally occurring food folate and folic acid in supplement its derivatives are known as folic acid group .

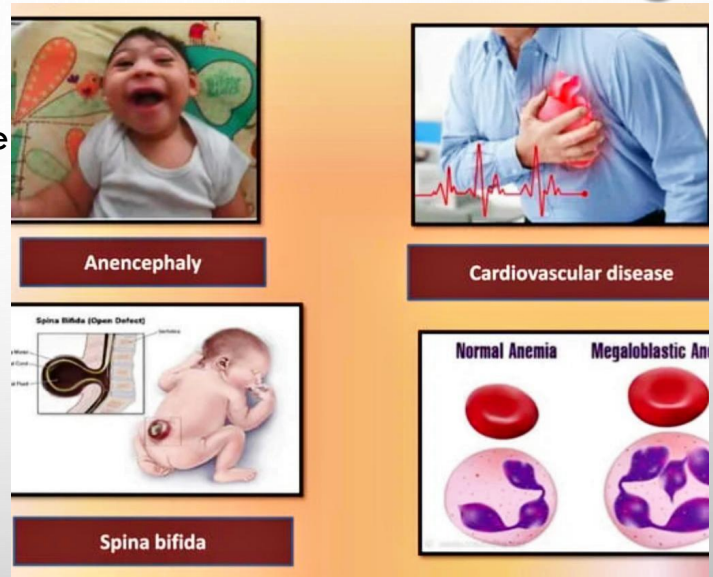


Function

- VitaminB9 is especially important during periods of rapid cell and growth
- VitaminB9 help prevents serious birth defects in the fetus and new born baby such as neural tube
- VitaminB9 coenzyme play vital role in DNA metabolism through the synthesis of DNA From its precursor

Deficiency

- Cardiovascular disease
- Megaloblastic anemia



Sources

- Dark green leafy vegetables (turnip greens, spinach, romaine lettuce, asparagus, Brussels sprouts, broccoli)
- Beans.
- Peanuts.
- Sunflower seeds.
- Fresh fruits, fruit juices.
- Whole grains.
- Liver.



RDA:-

Group	Amount (mg/day)
Man	200
Woman	200
Pregnancy	500
Lactation	300
Infants	25
Children	
1-3 years	80
4-6 years	100
7-9 years	120
Boys and girls	
10-12 years	140
13-15 years	150
16-17 years	200

VITAMIN B12 (cyanocobalamin)

Vitamin B12 is naturally found in animal foods. It can also be added to foods or supplements. Vitamin B12 is needed to form red blood cells and DNA. It is also a key player in the function and development of brain and nerve cells.



Red blood cells

Sources

- Shell fish
- Milk and milk products
- Poltry
- Eggs
- Red meat
- Banana
- Apples
- barries

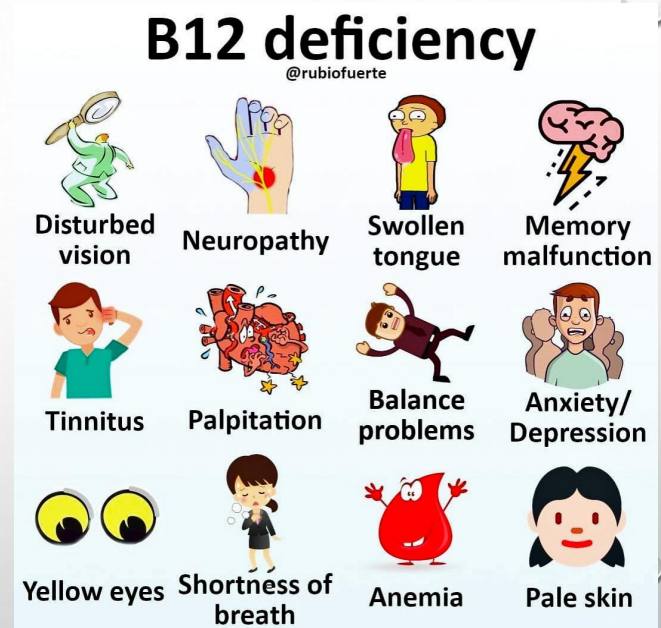


Functions

- Development red blood cells
- Maintenance of the central nervous system
- Preserve Dna integrity

Deficiency

- Megaloblastic anemia
- Bone marrow
- Mouth pain
- Depression
- Stomach issues
- Headache



RDA

Group	Amount (mg/day)
Man	1.0
Woman	1.0
Pregnancy	1.2
Lactation	1.5
Infants	0.2
Children,boys,girls 1-17 years	0.2-1.0



Thank you