

# Use Vitamins Correctly

How to use Vitamins for the best absorption by the body is not known to everyone

Providing enough vitamins for the body, especially the children's body is very necessary. However, providing the best and most reasonable way for the child's body to absorb is not known to all parents and many people have a skewed view. The following are the basic knowledge necessary for the correct use of vitamins for children.

## Role of vitamins in health



### Role of vitamins in health

1. Vitamins are organic compounds that are essential for the body, but the body cannot synthesize them, most must be supplemented by dietary intake.
2. In very small doses, but vitamins play an important role for human life: they are indispensable catalysts for the metabolism of substances in the body.
3. The daily requirement of vitamins for the human body is very little, depending on the age, but if the deficiency will cause serious disorders and be the cause of many dangerous diseases, if prolonged, can lead to death. death.

## Harm of Vitamin Deficiency



The body is no longer healthy enough when lack of vitamins

1. Vitamin A deficiency can cause eye disease, causing dry eyes in children, mild, night blindness, severe ulceration, corneal perforation that can lead to blindness. In addition, vitamin A deficiency also makes children more susceptible to bacterial infections such as respiratory and gastrointestinal infections.
2. Vitamin B1 deficiency causes edema, inflammation of the nerves, causing symptoms of numbness, slow digestion and other sensory disturbances.
3. Isolated Vitamin B6 deficiency is usually seen only in genetic defects.
4. Vitamin B12 deficiency causes megaloblastic anemia, loss of appetite, fatigue, and weight loss. Sometimes there are leukopenia, thrombocytopenia, prolonged bleeding time and other neurological signs such as tingling sensation, decreased touch.
5. Vitamin C deficiency causes Scurvy to bleed easily under the skin and mucous membranes, reducing the body's resistance to diseases, especially bacterial infections.
6. Vitamin D deficiency causes rickets in children.
7. Vitamin K deficiency makes children prone to bleeding, especially can cause brain hemorrhage, which is very dangerous in newborns.

## **Psychology of vitamin supplements for children of mothers is it necessary?**

1. Normal children, if they do not have any diseases, are breastfed and eat well, are usually not deficient in vitamins, so there is no need to supplement with drugs containing a mixture of these substances.
2. However, in some special cases, vitamin deficiency can occur due to pathology, so it is necessary to supplement with vitamin-providing compounds.

See the article on how to properly supplement with vitamins

## **Conditions for the body to synthesize vitamins best**

1. A typical case can be mentioned is Vitamin D. There are not many foods containing this Vitamin, but it is produced when the body is exposed to the sun, the time to sunbathe is good from 7 to 10 am.

2. Some vitamins such as A, D, K, E are only soluble in oil, so when cooking foods containing these vitamins, we need to add less fat.
3. Vitamins are often very easily destroyed when at high temperatures, so when cooking food, we should not cook too much, for too long Vitamins will fly away.
4. In addition, when using vitamins should be advised and prescribed by a doctor.

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