

Some turn to alternatives to combat illness

Wort also can be taken for mild depression, however a doctor should be consulted before beginning any supplemental program.

Muscle spasms and tension

Valerian root commonly is taken for muscle spasms or tension. However, it should not be taken if someone has high blood pressure as it might actually raise it, Vrazel-Ramirez said.

Vitamin the child growth and development and normal physiological activities of the essential nutrients are found in natural food, in the human body can not be synthesized or synthetic small Therefore, although the amount of vitamin the body needs small, but they all need to get from food. Therefore, if a dietary vitamin lack of long-term, it could lead to the disease.

Now, the vitamin has been found in the relationship between nutrition and children more closely with over 10 kinds, such as vitamin A, B1, B2, niacin, B6, B12, folic acid, C, D, E, K, and so on, are briefly as follows :

1, vitamin A, vitamin A major role is to safeguard the health of epithelial cells and enhance immune function, in the absence of, it can be night blindness and dry eye disease, blindness can be serious.

Vitamin A is from carotenoids from the change. Carrots, rape, spinach, leek-carotene in many animal food in a chicken liver, fish liver contents, liver, eggs slightly less content, the market sells concentrated cod liver oil, rich in most every 10 cents I containing vitamin A50 million international units. Children daily requirements for 2000 a 4500 international units.

2, vitamin B1, vitamin B1 main function is to guarantee the normal energy metabolism, encourage development, the prevention of neuritis. Most foods contain Vitamin B1, rice bran, wheat bran contents, millet and mung bean, peanut content in many, if long-term eating fine rice flour or fine, but rarely eat other foods, it would likely lack of vitamin B1 can be suffering from beriberi disease. Daily requirement of vitamin B1: about 1 mg.

3, vitamin B2, called riboflavin, a major role is the maintenance of the skin, mouth and eye health, in the absence of, and often in the mouth ulcers, Shetan, cheilitis, and other diseases.

Food to liver, chicken liver, quail egg, spinach and millet in the majority, not content cereals. 2 daily requirement of a 1 mg.

4, nicotinic acid, coenzyme body tissues is the main ingredients, maintaining skin, gastrointestinal, neurological function, the long-term corn and Tianshu main food for people prone to a lack of niacin, mainly for rough skin, the so-called Laipi disease, and diarrhea may also occur neurological symptoms.

Niacin Although widely exist in plants and animals, but not content, the more abundant content of the liver, followed by chicken, duck, yeast, peanut in as well. 4 daily requirement of a 20 mg.

5, vitamin B6, is the role of amino acids in the coenzyme, if the lack of anemia can occur, Kougutan, Shetan and even seizures can occur, all kinds of food are. 2 daily requirement of a 1 mg.

6, a lot of vitamin C functions can promote nutrition metabolism, protect the health of the child, if the lack of scurvy can occur, the sick child, there may be Tuitong, gums, skin bleeding, wound healing difficult, lower resistance to disease.

Breast of vitamin C content, to meet the basic needs of the baby. Only the content of milk in breast-quarter, two months after the babies were fed milk with vitamin C added to the water or fruit dish water, food to fresh vegetables, fruits, and other content of the most abundant, such as oranges, red , fresh dates, Shizijiao, tomatoes, cauliflower, and the most content, such as rape, banana, peach, pear, apple, in the second, low content of food grains. 30 daily requirement of a 50 mg.

7, vitamin D, it helps calcium, phosphorus absorption, and promote the development of teeth and skeletal avoid rickets.

Vitamin D can be divided into two types of vitamin D2 and vitamin D3.

Vitamin D3 is synthesized by the body itself, a human skin contains cholesterol, the sunlight, it will become vitamin D3. Therefore, if the child can fully accept the sunlight, its synthesis of vitamin D3, it can basically meet the physical needs of the children, and vitamin D3, also comes from animal foods such as liver category, especially seafood from the fish liver The cod liver oil extracted in the most abundant.

Vitamin D2 from plant foods, yeast, mushroom and other content more. 400 is a daily requirement of 800 international units.

8, vitamin K, mainly involved in a number of synthetic clotting factor, to prevent bleeding, in the low content of human milk, colostrum basic non-vitamin K; part of vitamin K is synthesized by bacteria in the intestine.

Food categories such as liver, eggs, beans of all.

Daily requirements: about 1 mg.

9, vitamin B12, and its role and closely related to erythropoietin, if the lack of nutrition can occur large cell anemia, if not breastfeeding their children simply by adding supplementary food, and the mother of a long-term vegetarian, contained in the milk of Vitamin B12 of the very few deficits may have a lack of.

Vitamin B12: mainly in the liver, kidney and more beef, eggs, milk content of less. Daily requirements: 1 microgram.

10, folic acid, and its role in diseases caused by the lack of generally similar and vitamin B12. Folic acid to most fresh green vegetables, liver, kidney, yeast, mushroom rich content. About 100 micrograms daily requirements.

11, Vitamin E, found that the current animal experiments, it has antioxidant function, and sexual organs and the maturity and embryonic development. It is widely found in food plants and animals in order to vegetable oil in the largest, but vitamin E instability, storage and cooking process will have losses. Daily requirement of about 10 international units.

About the Author

From thefacts.com:

Some foods contain both vitamin A itself, and other substances that can be converted to vitamin A, known as provitamin A, vitamin.

Garden Cove Produce provides Fresh Produce, Natural Healthy Foods, Organic Foods, Vitamins.

1.1 These guidelines apply to vitamin and mineral food supplements intended for use. 1 This refers to the physical forms of the vitamin.

Food rich in vitamin b12, find a lot of important information on drugs, find a real experts advising, offers comparison and pricing online, wide range of.

Online health food store providing health food vitamin, vitamin supplement, nutritional supplement, dietary supplement and diet nutrition.

Provides basic functions, food sources, requirements, and graph detailing foods high in the vitamin.

This refers to the physical forms of the vitamin and mineral food supplements. 3.1.3 Vitamin and mineral food supplements may contain.

Source: <http://www.productsherbal.com>