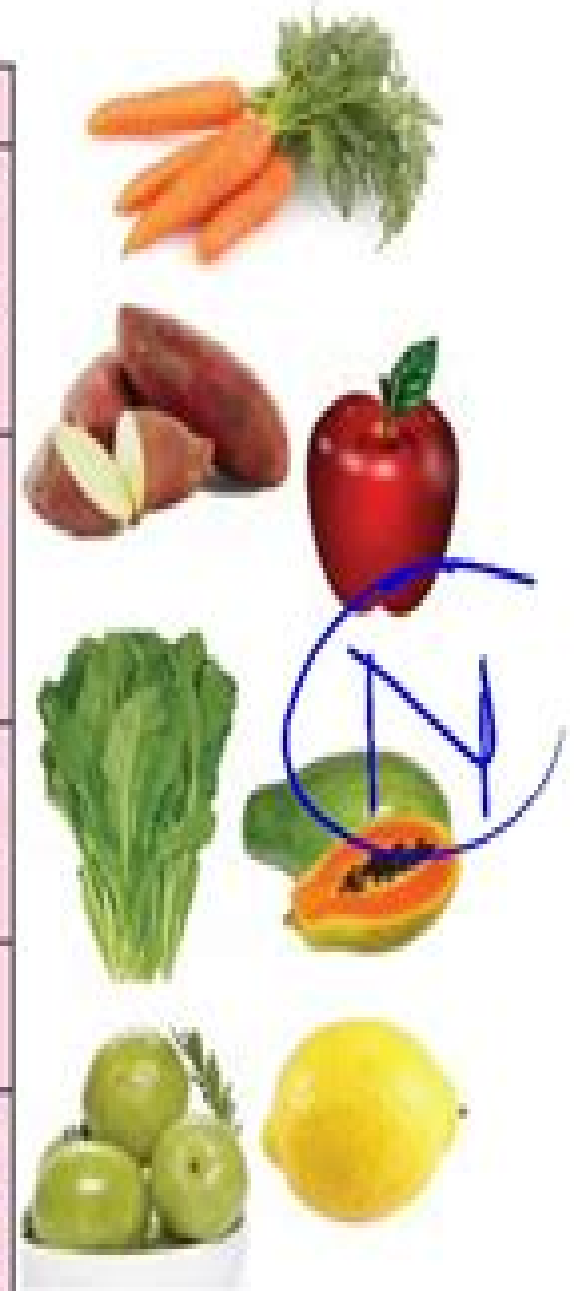


जीवनसल्ले - स्रोत व कार्य

जीवनसल्ले	कार्ये	स्रोत	अभावजन्य विकार
A	डोळ्यांचे रक्षण; त्वचा, दात, हाडे निरोनी राखणे.	गाजर, दूध, सोनी, गहूद हिरव्या भाज्या, रताळे, गहूद पिचळी फळे आणि भाज्या	रतांधळेपणा (कमी उजेडात पाहू न शकणे, अंधत्व) डीरोडर्मा (त्वचा कोरडी पडणे)
B1	चेतातंतूंचे व हृदयाचे कार्य नीट होण्यास मदत करणे.	दूध, मासे, मांस, तृणधान्ये, कवचफळे, डाळी	बेरीबेरी (चेतातंतूंचा आजार), स्नायूंचा अशक्तपणा / अकार्यक्षमता
B9	शरीराची वाढ	गहूद हिरव्या भाज्या, पपई, कीवी	वाढ नीट न होणे, अंनिमिया, विसर पडणे, हालचाली मंदावणे.
B12	लाल रक्तपेशी तयार करणे.	दुग्धजन्य पदार्थ, मांस	अंनिमिया
C	शरीराच्या उतीचे रक्षण करणे, हिरड्या, दात, हाडे, त्वचा यांसाठी	आवळा, कीवी, संत्री व इतर लिंबूवर्गीय फळे तसेच कोबी, टोमॅटो,	स्कर्व्ही (हिरड्यांमधून रक्तस्राव होणे) गलघंधी सुजणे, जखमा लवकर



Vitamin Chart Marathi Language File

Michal Rosen-Zvi



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