

WATER SOLUBLE VITAMINS

1. Thiamin, vitamin ____, contains what important element?
2. What is the active form of thiamin?
3. Thiamin is important in the catabolism of _____.
4. Thiamin is a coenzyme for _____ and _____.
5. What are the food sources of thiamin?
6. What is the thiamin deficiency disease? Symptoms?
7. What populations are at risk for the thiamin deficiency disease?
8. What is the active form of vitamin B₁₂? Vitamin B₁₂ is also known as what?
9. What vitamins and minerals are important for the krebs cycle?
10. What is the coenzyme of riboflavin?
11. What are the food sources of Vitamin B₂?
12. What are the non-fatal riboflavin deficiencies?
13. Vitamin B₃, aka _____, has what active forms?
14. What is cheilosis? Glossitis?
15. NAD⁺ is used for _____.
16. NADPH is used for _____.
17. Where is Niacin found? How may it be made?
18. How may a niacin deficiency occur?
19. What are the vitamin B₃ deficiency diseases?
20. What is therapeutically used (type of niacin) and what for?
21. Too much niacin can lead to _____.
22. What is the active form of Vitamin B₆, aka _____.
23. Vitamin B₆ coenzymes for what two things?
24. What is Vitamin B₆ important in?
25. What are the food sources of vitamin B₆?
26. Although B₆ deficiencies are rare, what populations are still at risk?
27. What are the therapeutic uses of Pyridoxine?
28. What is the active form folic acid? What is its vitamin number?
29. What are the food sources of folic acid?
30. What are the folic acid deficiency diseases?
31. What populations are at risk of folic acid deficiency and what is the RDA for such?
32. Supplementation with Folic acid may mask a _____ deficiency.
33. What is another name for vitamin B₁₂?
34. What is the cobalamin methyl transfer enzyme?



35. Folic acid is needed for what reactions?
36. What are the food sources of cobalamin?
37. What is needed to absorb vitamin B12?
38. Where is cobalamin stored?
39. What makes intrinsic factor?
40. A vitamin B12 deficiency results in _____.
41. The vitamin B12 related anemia is due to the inability to do what?
42. What is the active form of pantothenic acid?
43. What are the food sources of Pantothenic acid?
44. Pantothenic acid deficiency diseases are _____ but does occur in POW's called what?
45. What is the active form of Biotin?
46. What are the biotin enzymes?
47. What are the biotin enzyme requirements?
48. Biotin is important in _____ and _____ synthesis.
49. Where is biotin found?
50. _____ binds to biotin and prevents absorption, which is found in _____.
51. What are the symptoms of biotin deficiency?
52. What is the active form of Vitamin C?
53. What do Vitamin C enzymes do?
54. What keeps ascorbic acid in a reduced state?
55. What are the vitamin C food sources?
56. Guinea pigs and humans cannot make vitamin C from what?
57. What are the metabolic functions of Vitamin C? There are six of these dudes so get frustrated now.
58. Where is Vitamin C often contained in large stores?
59. What is a vitamin C deficiency disease and describe it?
60. What occurs when you have too much vitamin C?

FAT SOLUBLE VITAMINS

61. What are the lipid soluble vitamins?
62. What are the active forms of vitamin A?
63. Where is retinol stored?
64. What is the provitamin A and where is it found?
65. What enzymes turn betacarotene into retinol?
66. Where does the provitamin conversion occur?



67. How is retinol transported?
68. What is vitamin A absorbed in cells via?
69. When retinol is _____, it is toxic.
70. What vitamin A active form is potentially teratogenic?
71. What is a vitamin A toxicity called?
72. What is the function of retinol and retinoic acid?
73. What is the function of retinal?
74. Vitamin D isn't really a vitamin. What is it instead?
75. _____ is responsible for vision in poor light and occurs _____.
76. _____ for low light; _____ in presence of light?
77. What results from a Vitamin A deficiency?
78. What is xerophthamia?
79. Who is at risk for a vitamin A deficiency?
80. Vitamin A & E deficiencies may lead to a development of what?
81. Beta carotene may act as an _____.
82. Vitamin D stimulates what absorption?
83. What is the active form of vitamin D?
84. Calcitriol is synthesized where?
85. What is the most important lipid antioxidant?
86. What is needed to produce skin vitamin D?
87. What is the liver form and enzyme of calcitriol?
88. What is the kidney calcitriol enzyme?
89. What is the kidney calcitriol formation?
90. How is vitamin D added to foods?
91. What are the vitamin D deficiency diseases?
92. What are the food sources of vitamin D?
93. What is vitamin D toxicity called and what are the symptoms?
94. What is the most biologically important form of Vitamin E?
95. Where is vitamin E typically found in the body?
96. Vitamin E is a chain breaker in _____.
97. What 4 things are used in antioxidant synergism?
98. Vitamin C recycles what?
99. What are the vitamin E deficiency diseases?
100. Increased reactive oxygen species may initiate what?
101. What is the Vit. E RDA?



KRS STUDY GUIDES : Practice Quiz Answers : Dr. Balliett : "I am only cranky around my husband."

102. Why does cardiovascular disease increase with vitamin E deficiency?
103. Who is at risk for Tocopherol deficiency?
104. What are the three forms of Vitamin K and where are they found?
105. Which vitamin K form may be absorbed without bile salts?
106. What does Vitamin K maintain?
107. Vitamin K is necessary for the synthesis of what?
108. Where is vitamin K synthesized?
109. Vitamin K is the cofactor for _____, modifying _____ into _____.
110. Where does the Vitamin K cycle occur?
111. Hydroquinone is formed by _____.
112. Protein carboxylase requires what 3 things?
113. What is rat poison?
114. Dicumarol interferes with what?
115. What is the vitamin K deficiency disease?
116. What produces/contains vitamin K?
117. What is a steatorrhea?
118. What does steatorrhea result from?

