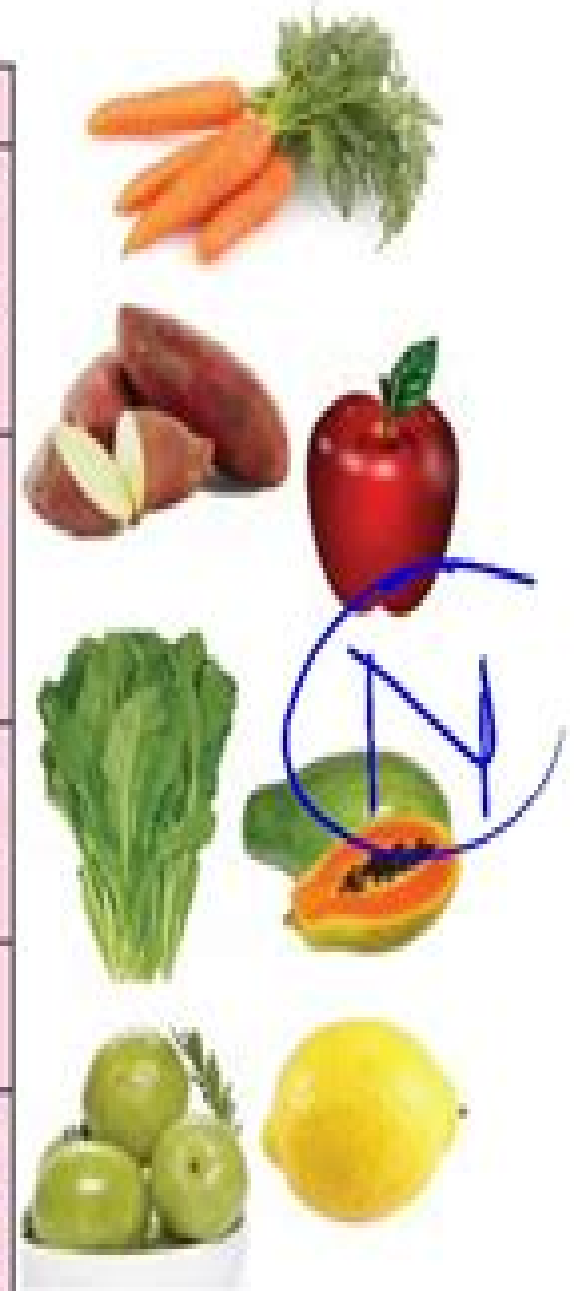


जीवनसल्ले - स्रोत व कार्य

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) गलसंधी सुजणे, जखमा लवकर



Vitamin Chart Marathi Language File

WJ Hussar



Vitamin Chart Marathi Language File:

Industrial March ,1967 *Human Food Uses* ,1983 4025 entries to literature to certain classics and to recent literature published since the basic volume appeared in 1981 Alphabetical arrangement by primary authors Primarily English language but also contains some foreign language publications Each entry gives bibliographical information and annotation
Keyword index **Webster's Third International Dictionary of the English Language, Unabridged** ,1961

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