

# vitamin d for bipolar disorder

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## Vitamin - Wikipedia

Most vitamins are not single molecules, but groups of related molecules called vitamers. For example, there are eight vitamers of vitamin E: four tocopherols and four tocotrienols. The term vitamin does not include the three other groups of essential nutrients: minerals, essential fatty acids, and essential amino acids. [2]

## Vitamins and Minerals From A to Z - WebMD

One type comes from animal sources of food. It helps you see at night, make red blood cells, and fight off infections. The other type is in plant foods. It helps prevent damage to cells and an eye...

## Vitamin | Definition, Types, & Facts | Britannica

All vertebrates, including humans, require dietary sources of vitamin A, vitamin D, thiamin, riboflavin, vitamin B 6, and pantothenic acid; some vertebrates, particularly the more highly evolved ones, have additional requirements for other vitamins.

## Vitamins and Minerals - The Nutrition Source

Vitamins and minerals are micronutrients required by the body to carry out a range of normal functions. However, these micronutrients are not produced in our bodies and must be derived from the food we eat. Vitamins are organic substances that are generally classified as either fat soluble or water soluble.

## What Are Vitamins? - Healthline

Vitamins are nutrients that are found in the foods we eat. They're needed for functions such as growth, metabolism, and nervous system activities. Often, a health-promoting diet can provide all...

## What Are Vitamins, and Why Are They Important? - Verywell Health

Vitamins are essential nutrients that help with many body functions, including metabolism and energy. There are two types of vitamins: fat-soluble and water-soluble, each of which is absorbed differently by the body.

## Vitamins: MedlinePlus Medical Encyclopedia

There are 13 essential vitamins. This means that these vitamins are required for the body to work properly. They are: Vitamins are grouped into two categories: Fat-soluble vitamins are stored in the body's liver, fatty tissue, and muscles. The four fat-soluble vitamins are vitamins A, D, E, and K.

## **What To Know About Vitamins and Minerals - Cleveland Clinic Health ...**

Vitamins are made by plants and animals, while minerals come from the soil and water — both of which are essential for our bodies.

## **Vitamin and Mineral Supplement Fact Sheets - Office of Dietary ...**

Very few foods naturally have vitamin D. Fatty fish such as salmon, tuna, and mackerel are among the best sources. Fortified foods like milk provide most of the vitamin D in American diets.

## **List of Vitamins - Drugs.com**

Vitamins are substances that are required in very small amounts, for healthy growth and development. They occur naturally in certain foods but are not synthesized by humans and therefore it is essential to include it in the diet. Vitamins are either water soluble or fat soluble.