

ĐIỀN ĐÚNG TỪ LOẠI CỦA CÁC TỪ TRONG NGOẶC ĐỀ HOÀN THIỆN BÀI ĐỌC SAU

Vitamins, taken in tiny doses, are a major group of organic compounds that regulate the mechanisms, by which the body converts food into energy. They should not be confused with minerals, which are **46.**_____ (ORGANIC) in their makeup. Although in general the naming vitamin followed the **47.**_____ (ALPHABET) order of their **48.**_____ (IDENTIFY), the nomenclature of individual substances may appear to be somewhat random **49.**_____ (ORGANIZE). Among the 13 vitamins known today, five are produced in the body. Although each vitamin has its specific **50.**_____ (DESIGNATE) and cannot be replaced by another compound, a lack of one vitamin deficiency may result.

The best way for an individual to **51.**_____ (SURE) a necessary supply of vitamins is to maintain a balanced diet that includes a **52.**_____ (VARY) of foods and provides adequate quantities of all the compounds. Some people take vitamin supplements, predominantly in the form of tablets. The vitamins in such supplements, predominantly in the form of tablets. The vitamins in such supplements are **53.**_____ (EQUAL) to those in food, but an adult who maintains a balanced diet does not need a daily supplement. The ingestion of supplements is recommended only to correct an existing deficiency due to **54.**_____ (BALANCE) diet, to provide vitamins known to be lacking in a restricted diet, or to act as a therapeutic measure in medical treatment. **55.**_____ (SPECIFY), caution must be exercised with fat-soluble substances, such as vitamins A and D, because, taken in gigantic doses, they may present a serious health hazard over a period of time.