Topic 27. Fat – soluble vitamins. Antioxidants.

Theoretical questions:

1. General characteristics of vitamins, their classification
2. Exogenic, endogenous hypovitaminosis, the cause of their occurrence
3. Vitamin A: chemical, clinical names, chemical structure, sources in food, daily need, biological role
4. Vitamin D: chemical, clinical names, chemical structure, sources in food, daily need, biological role
5. Vitamin E: chemical, clinical names, chemical structure, sources in food, daily need, biological role
6. Vitamin K: chemical, clinical names, chemical structure, sources in food, daily need, biological role

Study Questions and Tasks

Characteristics of fat-soluble vitamins

Chemical, clinical names	Chemical structure	Sources in food	Daily need	Biological role
Vit A				
Vit D				
Vit E				

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Vit K				

Textbooks:

1. Biochemistry 5th Edition Ch.28, pp. 381-391, 392-393.
2. Prasad textbook of biochemistry OCR. Topic 16, pp.331-361.

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