CLASSIFICATIONS OF VITAMINS

There are about is vitamins essential for humans. They are classified as **Fat soluble** vitamins (A, D, E, K) and **Water soluble** vitamins (C and B group). The B complex vitamins may be subdivided into **energy releasing** (B_1, B_2, B6, biotin etc) and **hematopoietic** (folic and B_{12}) Most of the water soluble vitamins expert the functions through their respective coenzyme while one fat soluble, vitamin (K) has been identified to functions as co-enzyme.