SYNTHESIS OF VITAMINS BY INTESTIVAL BACTERIA

Vitamins, as per the definition, are not synthesized in the body However, the bacteria of the gut can produce some of the vitamins, required by man and animals. The bacteria mainly live and synthesis vitamins in the colon region, where the absorption is relatively poor. Some of the animals. (eg rat, door etc) eat their own feces a phenomenon knows as. **coprophagy.** For these animals, feces provide a good some of vitamins, which are efficiently absorbed in the small intestine.

As per as humans are concerned, it is believed that the normal **bacteria synthesis** and absorptions of **vitamin K** and **biotin may be** sufficient to meet the body requirements. For other B - complexes vitamins, the synthesis and absorptions or relatively less. Administration of antibiotics often kills the vitamin synthesizing bacteria present in the gut hence additional consumption of vitamin is recommended.