FAT SOLUBLE VITAMINS-GENERAL

The four vitamins, namely A, D, E and K are known as fat or lipid soluble. Their availability in the diet, absorption and transport are associated with fat

They are soluble in fats, and oils and also the fat solvents (alcohol, acetone etc). Fat soluble vitamins can be stored in liver and adipose tissue. They are not readily excreted in urine. Excess consumption of these vitamins (particularly A and D) leads to their accumulation and toxic effects.

All the fat soluble vitamins are **isoprenoid compounds,** since they are made up of one or more of five carbon units (H_2 C=C. CH_2-CH-CH_2). Fat soluble vitamin perform diverse functions. Vitamin K has a specific coenzyme function.