SUMMARY

1. Vitamin are all organic nutrient with various essential metabolic functions, required in small amounts in the diet because they cannot be synthesized by the body.

2. Apart from vitamin C, the water soluble vitamins are all members of the B-complete and act as enzyme cofactors.

3. Ribioflakin and niacin are each important co factor in oxidoredncton reactions Riboflation is present as poosthetic group in flavoprotein enzyme as flavin mono nucleotide and flavin adenine dinucleotide, whereas niacin is present in the NAD and NADP cofactors of many dehydrogenase enzyme.

4. Biotin is the co-enzyme for several carboxylase enzymes, including acetua-coA carboxylase, the rate controlling enzyme in lipogenesis, and pyrvate corboxylase, important in glyconegeneis.

5. Absence of the water soluble vitamins from the diet provokes multiple deficiency states. Absence of a single vitamine leads to a characteristic deficiency syndrome.