

For XAT , CMAT , MAT , IIFT Exam

DISEASES/DISORDERS CAUSED BY DEFICIENCY OF VITAMINS AND MINERALS

- Deficiency of one or more nutrients in our food for a long time may cause certain diseases or disorders

Vitamins	Diseases/Disorders
Vitamin A	Night-blindness
Vitamin C	Scurvy
Vitamin D	Rickets, Osteomalacia
Vitamin E	Heart problems, Hemolysis and sterility, Reproductive Failure, Red Blood Cell Destruction, Peripheral Neuropathy
Vitamin K	Non clotting of blood, haemorrhage
Vitamin B1	Beriberi
Vitamin B2	Ariboflavinosis
Vitamin B3	Pellagra
Vitamin B5	Paresthesia, Acne
Vitamin B6	Pink eye, Epilepsy, Depression and confusion, microcytic anemia
Vitamin B7	Growth & Neurological Disorders in Infants, hallucination,dermatitis
Vitamin B9	Macrocytic Anaemia, Deficiency during pregnancy is associated with birth defects
Vitamin B12	MacrocyticAnaemia, Memory Loss, Pernicious Anaemia
Calcium	Bone and tooth decay
Iodine	Goiter
Iron	Anaemia
Potassium	High Blood Pressure, Respiratory Depression, Paralysis, Arrhythmia
Protein	Kwashiorkor

Protein and Energy	Marasmus
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