

For XAT, CMAT, SNAP, MAT, IIFT Exam

FAMOUS MEDICAL INVENTIONS

Discovery	Discover
Small pox vaccine	Edward Jenner
T.B. bacteria	Robert Koch
Penicillin	Alexander Fleming
Bacteria	Leuwenhoek
Antigen	Landsteiner
Chloroform	Harrison and Simpson
Polio vaccine	John E. Salk
Malaria parasite and therapy	Ronald Ross
Blood circulation	William Harvey
R. N. A.	James Watson
DNA	James Watson and Crick
Vitamins	Funk
Sulfa drugs	Dagmac
Heart transplant	Christian Bernard
Insulin	Betting

CHEMICAL NAMES AND SOURCES OF MAJOR VITAMINS

Vitamin	Chemical Name	Source
Vitamin A	Retinol	Egg, cheese, green vegetables, milk, fish oil
Vitamin 'B1'	Thiamine	Sesame seeds, vegetables, groundnuts, dry chilies, liver. Egg. unwashed lentils

Vitamin 'B2'	Riboflavin	Milk, green vegetables, yeast, meat
Vitamin 'B3'	Niacin	Milk, Groundnut, Sugarcane, Meat, Tomato
Vitamin 'B5'	Pantothenic Acid	Potatoes, tomatoes, groundnuts, meat, leafy vegetables
Vitamin 'B6'	Pyridoxine	Meat
Vitamin 'B7'	Biotin	Milk, meat, egg
Vitamin 'B9'	Folic acid	Leafy vegetables, pasta, bread, cereals, liver
Vitamin 'B12'	Cobalamin	Liver, Milk, Liver
Vitamin 'C'	Ascorbic acid	Tomato, Orange, Citrus, Chili Sprouts
Vitamin 'D'	Calciferol	Sunlight, Broccoli. Mushrooms, Carrots etc.
Vitamin 'E'	Tocopherol	Butter, milk, leafy vegetables, vegetable oil, sprouted wheat
Vitamin 'K'	Phylloquinone	Tomatoes, green vegetables