



## Nutrition and the Adult

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Book Condition: New. Publisher/Verlag: Springer, Berlin | Micronutrients | The science of nutrition has advanced beyond expectation since Antoine La voisier as early as the 18th century showed that oxygen was necessary to change nutrients in foods to compounds which would become a part of the human body. He was also the first to measure metabolism and to show that oxidation within the body produces heat and energy. In the two hundred years that have elapsed, the essentiality of nitrogen-containing nutrients and of proteins for growth and maintenance of tissue has been established; the necessity for carbohydrates and certain types of fat for health has been documented; vitamins necessary to prevent deficiency diseases have been identified and isolated; and the requirement of many mineral elements for health has been demonstrated. Further investigations have defined the role of these nutrients in metabolic processes and quantitated their requirements at various stages of development. Additional studies have involved their use in the possible prevention of, and therapy for, disease conditions. | 1 Roles of Vitamins as Coenzymes.- 1. Introduction.- 2. Biotin.- 3. Nicotinic Acid.- 4. Pantothenic Acid.- 5. Vitamin B6.- 5.1. Decarboxylation.- 5.2. Side-Chain Cleavage.- 5.3. Loss of an  $\alpha$ -Hydrogen.- 6....



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