

Name	Deficiency	Overdosing	Increased need esp. aging	Physio-/Pharmacological dose
Vitamin A beta-carotene	Growth stops, night blindness; antioxidant	skin yellows	Smoker, vegetarian, high alcohol intake, birth control OC pill, antibiotics; cancer	1500 - 5 000iu/d
Vitamin B1 (Thiamin)	muscle/ nerve disturbances, tiredness, neuritis, dyspepsia, heartfailure, cramps, paralyses	none	Diet, youth, pregnant; nursing women, alcohol , OC pill , antibiotics, dementia chemotherapy	approx. 2mg 50 -1000mg
Vitamin B2 (Riboflavin)	(rarely) skin inflammation, brittle nails, anaemia, eyes;	? cataract	Pregnancy, skin antibiotics, old-age OC pill chemotherapy, fever, smoker,	1mg - 30mg
Vitamin B3 (Niacin , Nicotinic acid)	Skin mucosa inflammation, headache, trembling, vertigo, sleep disturbance, depression,neuritis	(with over 100mg a day) pruritus, flushing	Labor, fever, nursing women; lipidemia; atheroma	15 mg - 3000 mg/d
vitamin B3 nicotinamide		liver damage, hyper/ hypoglycem	osteoarthritis; prevent type DM1	1000 - 4000mg/d
Vitamin B5 (Pantothenic acid)	Neuritis, wound nonhealing, early greying, weak immune system	none	Old people, pregnant/ nursing women, adrenal support, R.A.	approx. 10 mg - 2000mg/d
Vitamin B6 (Pyridoxine)	rarely intestine problems, bad skin, tiredness, rough corners of the mouth	at >1gm/d (inj) - ?? nerve damage.	growth, OC pill, cortisone, stress, PMS ; CTS osteoporosis, atheroma,	approx. 2 mg - 600mg/d
Vitamin B7 (Biotin)	exhaustion, dermatitis, muscular pain, hair loss, nausea	not known	OC pill, antibiotics, cathartics; insulin sensitizer; skin; nails; hair	approx. 0,5- 2 mg
Vitamin B9 (Folic acid)	Anaemia, digestion disturbances, disturbance of hair; bone cartilage growth	>5 - 10mg/d - flatulence, nausea, LOA	Pregnant and nursing women, smoker, youth; osteoporosis; cancer; atheroma	approx. 160 µg - 2000ug/d

Vitamin B12 (Cobalamin)	Anaemia, nerve disturbances, nervous disturbances, changes in the lung and the spinal marrows	none known	old age- dementia, homocysteine - atheroma; osteoporosis; cancer	approx. 5 µg - 2000ug/day
Vitamin C (ascorbic acid)	scurvy; tiredness, joint pain; headache, lack of appetite,	diarrhoea	Smoker, infection, pregnancy, OC pill, cortisone, wounds, osteoporosis, cancer, atheroma,	approx. 60 mg - 200gm/d
Vitamin D (Calciferol)	rickets, infections myasthenia	vasc calcinosis	Babies, older humans, OC pill, infections, cancer, atheroma, osteoporosis, myopathy,	approx. 5 µg - 200iu to 250mg = 10 000iu/day
Vitamin E (Tocopherols)	ataxia-neuropathy-myopathy; haemol anemia; antiox;	? Cancer; bleeding on warfarin, aspirin	dementia; diabetes; breasts; atheroma; immunity; tardive dyskinesia; cancer.	15mg= 22iu/d to 800iu/d
Vitamin K (Phyllochinone)	liver disease bleeding;		osteoporosis; cancer; atheroma	100ug to 30mg/d