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## **All 13 Vitamins and their functions explained**

All 13 Vitamins and their functions explained by College of Naturopathic Medicine 2 months ago 4 minutes, 3 seconds 371 views There are 13 , vitamins , A, C, D, E, K, B , vitamins , . , What are , their key , functions , and benefits for our body? This video is taken from a **Summary of Vitamin**

## Functions and Sources

Summary of Vitamin

Functions and Sources by

Christine Dobrowolski 6

years ago 3 minutes, 40

seconds 78,552 views

Infographic explaining the

, roles , of water soluble ,

vitamins , (, vitamin , C

and the B-, vitamins , )

and fat soluble , vitamins ,

(, vitamin , A,

**Vitamins and**

**Supplements: Less is**

## More

Vitamins and  
Supplements: Less is  
More by University of  
California Television  
(UCTV) 4 years ago 1  
hour, 18 minutes 158,448  
views (2:36 - Main  
Presentation) More than  
half of Americans use ,  
vitamins , or , supplements  
, , spending over \$9.4  
billion a year. Dr. Jeffrey

**Memorize Vitamins**

## Classification, Functions and Dificiency diseases in 16min (Tricks and Mnemonics)

Memorize Vitamins  
Classification, Functions and Dificiency diseases in 16min (Tricks and Mnemonics) by Medicose lectures by J.D 1 year ago  
16 minutes 11,406 views  
Vitamins , , Their , functions , and deficiency diseases are hard to



memorize because their  
are a lots of them and they  
mix up. In this

### **The ABCD's of vitamins**

The ABCD's of vitamins

by Demystifying Medicine

5 years ago 7 minutes, 21

seconds 465,377 views

Vitamins , are essential

substances that our body

needs in order to grow,

develop normally and

maintain its , functions , .

This video

## The Only Vitamins You Actually Need On A Daily Basis

The Only Vitamins You Actually Need On A Daily Basis by The List 3 years ago 9 minutes, 9 seconds 1,843,635 views If you're new, Subscribe! ? <http://bit.ly/Subscribe-to-The-List>

We all have friends who swear by their , vitamin , routine — their

## Different Types of

## **Vitamins**

Different Types of  
Vitamins by Health en  
Fitness 6 months ago 5  
minutes, 57 seconds 1,256  
views vitamins ,  
#healthcare

#healthfitness [https://yo  
utu.be/RJbTKSpSb04](https://youtu.be/RJbTKSpSb04)

Different Types of ,  
Vitamins Vitamins , (a  
combination of two

## **Introduction to Vitamins**

?????

Introduction to Vitamins

????? by Medicosis

Perfectionalis 10 months

ago 28 minutes 16,159

views Animated

Mnemonics (Picmonic): ht

tps://www.picmonic.com/

viphookup/medicosis/ -

With Picmonic, get your

life back by studying

**Micronutrition Pt 1 -**

**Vitamins and Minerals**

Micronutrition Pt 1 -

Vitamins and Minerals by

The Doctor's Kitchen 4  
years ago 5 minutes, 50  
seconds 308,439 views

This is my first nutrition  
video on micronutrients. ,

After , 5 minutes you  
should have a broad  
understanding of what ,  
vitamins , and

**Bruce Ames: Vitamin  
and Mineral Inadequacy  
Accelerates Aging-  
associated Disease**

Bruce Ames: Vitamin and

Mineral Inadequacy

Accelerates Aging-

associated Disease by

TheIHMC 6 years ago 1

hour, 11 minutes 68,455

views Most of the world's

population, even in

developed countries, has

inadequate intake of one

or more of the ~30

essential , vitamins ,

**Enzymes (Updated)**

Enzymes (Updated) by

Amoeba Sisters 4 years

ago 5 minutes, 47 seconds  
2,027,025 views The  
Amoeba Sisters explain  
enzymes and how they  
interact with their  
substrates. Vocabulary  
covered includes active  
site,

## **Vitamins after Bariatric Surgery**

Vitamins after Bariatric  
Surgery by Dr. Matthew  
Weiner 6 years ago 23  
minutes 63,792 views

Vitamins , are very important , after , bariatric surgery, but is it necessary to take a Bariatric specific supplement? Which iron

## **How To Get Rid of Puffy Eyes | Dr.Berg**

How To Get Rid of Puffy Eyes | Dr.Berg by Dr. Eric Berg DC 3 years ago 6 minutes, 56 seconds 2,822,309 views Talk to a Dr. Berg Keto Consultant today and get the help you



need on your journey. Call  
1-540-299-1556 with your  
questions

## **The Most Important Benefit of Autophagy: Will Surprise You**

The Most Important  
Benefit of Autophagy:  
Will Surprise You by Dr.  
Eric Berg DC 6 months  
ago 6 minutes, 1 second  
113,569 views Talk to a  
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## **5 SIGNS YOU'RE NOT GETTING ENOUGH VITAMINS**

5 SIGNS YOU'RE NOT  
GETTING ENOUGH  
VITAMINS by BRIGHT  
SIDE 3 years ago 4  
minutes, 16 seconds  
2,194,202 views How to  
know if you have a ,  
vitamin , deficiency? It

can lead to many health problems. Without , vitamins , , we feel weak and apathetic

**Do We Need Supplements (Vitamins & Minerals) If We Are Healthy? - Dr.Berg**

Do We Need Supplements (Vitamins & Minerals) If We Are Healthy? - Dr.Berg by Dr. Eric Berg DC 2 years ago 6 minutes, 53 seconds

400,622 views You need ,  
supplements , because  
you're probably not as  
healthy as you believe you  
are. Timestamps: 0:00

You need , supplements ,

### **What is Vitamin K2?**

What is Vitamin K2? by  
Dr. Eric Berg DC 1 year  
ago 4 minutes, 36 seconds

160,284 views Talk to a  
Dr. Berg Keto Consultant  
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## **How to Choose a Good Quality Multivitamin**

How to Choose a Good  
Quality Multivitamin by  
Yuri Elkaim 7 years ago 8  
minutes, 43 seconds  
258,014 views [choose-a-, multivitamin , /](https://yuri<br/>elkaim.com/how-to-</a></p></div><div data-bbox=)

-- If you want a ,  
multivitamin , that's highly  
absorbable and will give

you the

**How to Fix a Slow  
Metabolism: MUST  
WATCH! | Dr. Berg**

How to Fix a Slow  
Metabolism: MUST  
WATCH! | Dr. Berg by  
Dr. Eric Berg DC 3 years  
ago 24 minutes 5,276,236  
views Talk to a Dr. Berg  
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## **How to Wake Up Refreshed Every Morning**

How to Wake Up Refreshed Every Morning by Dr. Eric Berg DC 3 months ago 15 minutes 210,937 views Talk to a Dr. Berg Keto Consultant today and get the help you need on your journey. Call 1-540-299-1556 with your questions

## **What You Need to Know About Vitamin B-12**

What You Need to Know  
About Vitamin B-12 by  
Dr. Group 5 years ago 50  
minutes 1,815,954 views

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Friendly Grocery Guide  
here ?? [https://courses.drgroup.com/optin158931701](https://courses.drgroup.com/optin1589317017475)

7475 Are you deficient in

**How do vitamins work? -**

**Ginnie Trinh Nguyen**

How do vitamins work? -



Ginnie Trinh Nguyen by  
TED-Ed 5 years ago 4  
minutes, 44 seconds  
3,359,560 views View full  
lesson:<http://ed.ted.com/lessons/what-s-the-value-of-vitamins-ginnie-trinh-nguyen>,  
Vitamins ,  
are the building blocks  
that

**TOP 5 VITAMINS TO  
BOOST IMMUNITY -  
How to strengthen  
IMMUNE SYSTEM**

## TOP 5 VITAMINS TO BOOST IMMUNITY -

How to strengthen

IMMUNE SYSTEM by

MEDSimplified 5 months

ago 6 minutes, 5 seconds

284,008 views TOP 5 ,

VITAMINS , TO BOOST

IMMUNITY - How to

strengthen IMMUNE

SYSTEM. Support Us on

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Should We Take a Multivitamins? | Guru

Mann | Health and Fitness

HD by Health And Fitness

4 years ago 3 minutes, 23

seconds 1,268,653 views

Are , multivitamins ,

necessary? Know your

Answer by Professional

Fitness Trainer GuruMann

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## **Vitamins And Their**

## **Importance**

Vitamins And Their Importance by TutorVista

10 years ago 5 minutes, 38 seconds 117,521 views

Vitamins , A , vitamin , is an organic compound required as a nutrient in tiny amounts by an organism. The term , vitamin , was derived

**Vitamins - What are**

**Vitamins - Types Of**

**Vitamins - Fat Soluble**

## **Vitamins - Water**

### **Soluble Vitamins**

Vitamins - What are

Vitamins - Types Of

Vitamins - Fat Soluble

Vitamins - Water Soluble

Vitamins by Whats Up

Dude 4 years ago 2

minutes, 41 seconds

53,876 views In this video

I discuss , what are

vitamins , , what do ,

vitamins , do, and how

many , vitamins , are

there. I also discuss the different types

**Introduction to vitamins and minerals | Biology foundations | High school biology | Khan Academy**

Introduction to vitamins and minerals | Biology foundations | High school biology | Khan Academy  
by Khan Academy 2 years ago 6 minutes, 11 seconds  
98,668 views Overview of common , vitamins , and

minerals that are important to human health. View more lessons or practice this subject at

## **Top Foods High in Vitamin B1**

Top Foods High in Vitamin B1 by Dr. Eric Berg DC 4 weeks ago 3 minutes, 27 seconds 26,719 views Talk to a Dr. Berg Keto Consultant today and get the help you need on your journey. Call

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## **Biomolecules (Updated)**

Biomolecules (Updated)

by Amoeba Sisters 4 years

ago 8 minutes, 13 seconds

3,158,754 views This

video, as stated in the

description, focuses on

general , functions , of

biomolecules. The

biomolecules: carbs,

lipids, proteins,

## **The Best Diet for Weight**



## Loss and Disease Prevention

The Best Diet for Weight  
Loss and Disease  
Prevention by  
NutritionFacts.org 1 week  
ago 5 minutes, 27 seconds  
30,623 views The most  
effective diet for weight  
loss may also be the  
healthiest. Subscribe to  
NutritionFacts.org's free  
newsletter to receive our  
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