

# Understanding the Benefits of taking vitamins

997 Administrator Tue, May 28, 2019 [Health and Fitness](#) 0 4504

The benefits of vitamins include their ability to prevent and treat various diseases including heart problems, high cholesterol levels, eye disorders, and skin disorders. Most of the vitamins also facilitate the body mechanism and perform functions which are not performed by any other nutrient. Have a look at the list below to know about various types of vitamins and their health benefits.

- **Vitamin A or Retinol:** Eye disorders, acne, skin disorders, infections, healing of wounds
- **Vitamin B1 or Thiamine:** Beriberi, heart diseases, indigestion, body metabolism, blood circulation, brain development
- **Vitamin B2 or Riboflavin:** Cataract, skin disorders, body metabolism, immunity, nervous system, anemia
- **Vitamin B3 or Niacin:** Weakness, digestion, nervous system, skin disorders, migraine, heart disorders, high blood pressure, high blood cholesterol, diabetes, diarrhea
- **Vitamin B5 or Pantothenic Acid:** Stress, arthritis, infections, skin disorders, greying of hair, high cholesterol
- **Vitamin B6 or Pyridoxamine:** Diabetes, piles, convulsions, excessive menstrual bleeding, stress, insomnia, morning sickness, travel sickness
- **Vitamin B7 or Biotin:** Skin disorders, body metabolism, hair care
- **Vitamin B9 or Folic Acid:** Anemia, digestion, sprue, pregnancy, brain growth, skin disorders, gout, red blood cell formation
- **Vitamin B12 or Cyanocobalamin:** Anemia, smoking, pregnancy, liver disorders, kidney disorders, mouth ulcers
- **Vitamin C or Ascorbic Acid:** Eye disorders, cancer, scurvy, common cold, infections, diabetes, stress, high blood cholesterol, heart diseases, cancer, high blood pressure, kidney disorders, internal bleeding, piles, corneal ulcers, inflammations, lead poisoning, immunity
- **Vitamin D:** Rickets, arthritis, tooth decay, bone repair, immunity, blood pressure, diabetes
- **Vitamin E or Tocopherol:** Anti-aging, skin care, heart diseases, blood circulation, sterility, brain function, menopause, painful menstrual cycles, eye disorders
- **Vitamin K:** Internal bleeding, blood clotting, biliary obstruction, osteoporosis, excessive menstrual flow, menstrual pain

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