

Fat-Soluble Vitamins

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Vitamin (Generic)	Trade Name	RD A	Activity in health	Food sources	Deficiency symptoms	Excess or overdose
Vitamin A (Retinol)	generic	5000 IU	Promotes healthy night vision, cornea, skin cells, normal growth of bones & teeth, immunity	Whole milk, milk products, eggs, butter, leafy green & yellow vegetables, liver, fish, fortified foods	Night blindness, dry skin, lowered resistance to infection, corneal changes, growth retardation, fetal malformation	Mild: nausea, vomiting, abdominal pain. Severe: growth retardation, liver and spleen damage, hair loss
Vitamin D (cholecalciferol, ergosterol)	generic	400 IU	Maintains healthy bones and teeth, regulates calcium metabolism	Fortified foods (milk and other dairy products), sunlight, liver, fish	Rickets (a malformation of the long bones in children), osteomalacia in adults (a loss of calcium from the bones), muscle twitching & spasm	Weakness, headache, anorexia, weight loss, nausea & vomiting, hypercalcemia, kidney stones
Vitamin E (tocopherol)	generic	30 IU	Antioxidant, especially of dietary fatty acids	Green leafy vegetables, whole grains, wheat germ, vegetable oils, nuts, seeds, liver, milk, eggs, cereal	Rare. Breakdown of RBCs	Nausea, vomiting, headache, lethargy, increased bleeding
Vitamin K	generic		Necessary for the formation of prothrombin (an ingredient in blood clotting)	Vit. K is created by normal flora (bacteria) of the intestinal tract. Also found in cabbage, cauliflower, liver, egg yolks, leafy vegetables	Inability of the blood to clot within a normal time period, may cause hemorrhage in newborns	Nausea, vomiting, headache, blood clots formation in adults, anemia & jaundice in neonates