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## The Vitamins: Fundamental Aspects in Nutrition and Health ...

-- Discovery of the vitamins -- Characteristics of the vitamins -- Avitaminoses -- Vitamin A -- Vitamin D -- Vitamin E -- Vitamin K -- Vitamin C -- Thiamin -- Riboflavin -- Niacin -- Vitamin B? -- Biotin -- Pantothenic acid -- Folate -- Vitamin B?? -- Quasi-vitamins -- Sources of the vitamins -- Assessing vitamin status -- Quantifying vitamin requirements -- Vitamin safety

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Table of Contents. 1. The Significance of Biotin. 2. Properties of Biotin. 3. Sources of Biotin. 4. Absorption of Biotin. 5. Transport of Biotin.

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