

**M0003401: Chart of "The Essential vitamins" / M0003401EB: "Ale Testing"**

**Publication/Creation**

14 March 1933

**Persistent URL**

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THE ESSENTIAL VITAMINS.

	Chief foods in which present.	Dietetic value.
A.	Cod liver oil, milk, butter, cheese, egg-yolk, green vegetables, beef and mutton fat, suet, liver, carrots.	(1) Growth. (2) Maintenance of body resistance against infective disease, especially of infection of mucous membranes.
B. Complex	Cereals, pulses, yeast, milk, egg-yolk, liver, kidney, brains, cabbage.	(1) Growth. (2) Maintenance of nervous stability. (3) Prevention of beri-beri.
C.	Green leaves and fresh fruits (especially lettuce, cabbage, oranges, tomatoes, lemons), potatoes, swede turnips, watercress.	Prevention of scurvy.
D.	Cod liver oil, oily fishes (e.g. herrings), egg-yolk, milk, butter, animal fats, green vegetables.	Development of bone and teeth: (Its absence may lead to rickets).

- Notes.
- (1) Plentiful supply of sunlight will make up for a certain deficiency in Vitamin D.
  - (2) Vitamin C. may easily be destroyed by overcooking.
  - (3) A diet satisfactory as regards Vitamins A. C. and D. is probably complete as regards B.

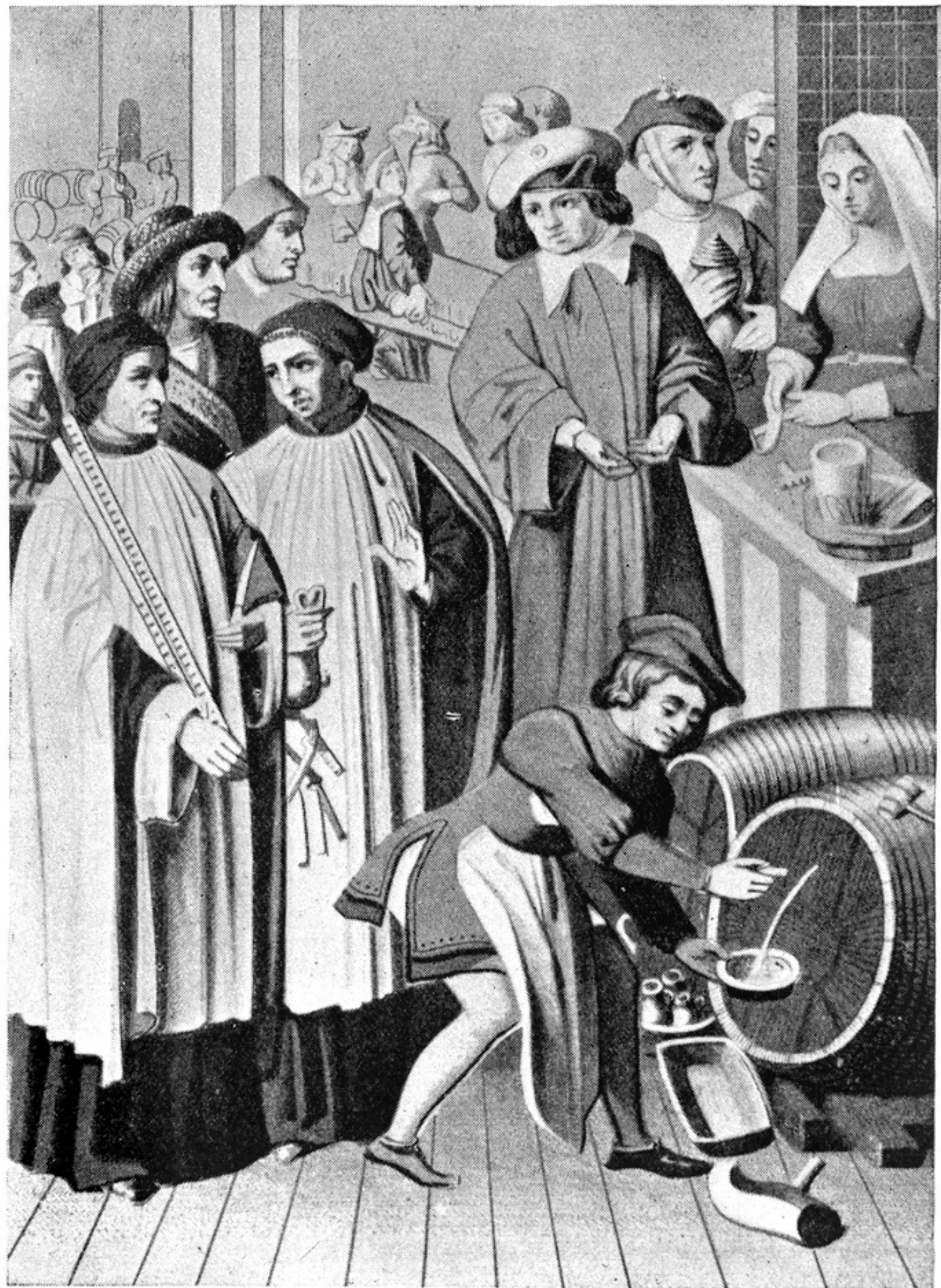


FIG. 22.—ALE TESTING.

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