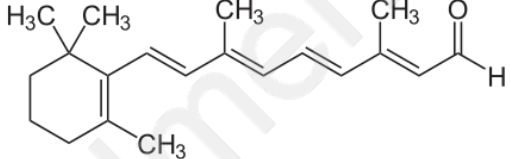
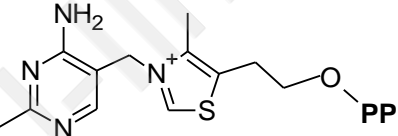
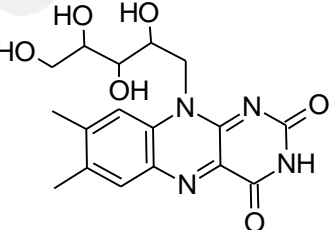
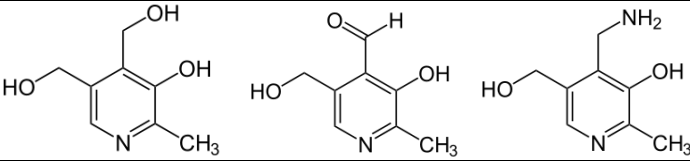
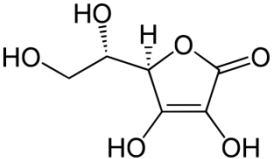
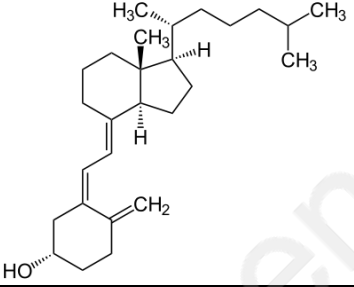
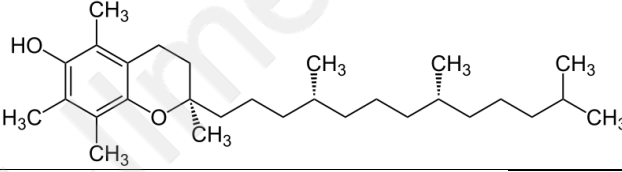
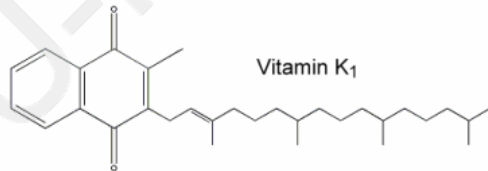
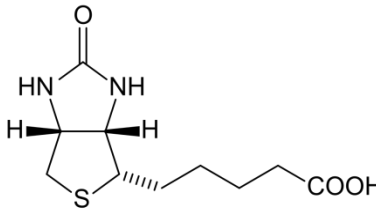
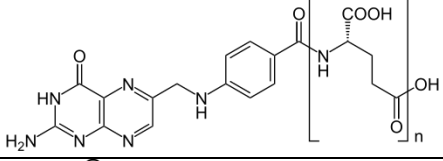
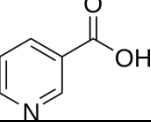


Vitamine:

Vitamin	Entdeckung/ Isolierung	Aus:	Aktivform	Funktion	Formel
Vit A	1909/31	Lebertran	11-(Z)-Retinal	Sehvorgang	
Vit B ₁	1897/1911	Reis	Thiaminphosphat	Decarboxyl. α-Oxosäuren, Aldehydtransvers PO ₄ ³⁻ Donor	
Vit B ₂	1920/-33	Eier	Flavinmononukle.	Hydrid/Elektron Transfer	
Vit B ₆	1934/-38	Reis	Pyridoxal-5-PO ₄	Transfer von Aminogruppen	
Vit B ₁₂	1926/-48	Leber	Coenzym B ₁₂	1,2 Wasserstoff Shift	
Vit C	1912/-28	Zitrone		Hydroxylierung, Antioxidanz	

Vit D	1918/-32	Lebertran		Regelt Ca^{2+} und PO_4^{3-}	
Vit E	1922/-36	Weizenkeimöl		Antioxidanz	
Vit K	1929/-36	Alfalfa		Biosynth. Prothrombin	 Vitamin K ₁
Biotin	1931/-35	Leber	Biocytin	Transfer von Carboxylgruppen	
Folsäure	1941/-41	Leber	Tetrahydrofolsäure	Transfer von Formylgruppen	
Niacin	1936/-35	Leber	Nicotinamidadeninukleotid	Hydrid/Elektron Transfer	
Panthothensäure	1931/-38	Leber	Coenzym A	Transfer von Acetylgruppen	