Water Soluble Vitamins

The Water Soluble Vitamin Nutrition Module is the second of three on-line interactive modules.

OBJECTIVES

By completing **Water Soluble Vitamins** module you will be able to do the following:

• Describe the function(s) & mechanism(s) of action for each vitamin: thiamin, niacin, riboflavin, folic acid, B6, B12, C

• List the primary sources of each vitamin

• Cite the most common reasons for both deficiency and excess of each vitamin

• Describe the clinical manifestations of deficiency for each vitamin, as well as the features of excessive intake

For questions regarding the content of the module, please contact Amy Luke, PhD.

There will be a total of six questions on the MHD II block 1 exam developed from the three Nutrition Modules.