The Function Of Vitamin Complexes In The Prevention As Well As Cure Of Diseases

Many nonspecific symptoms that are widespread in our time, such as increased fatigue, irritability, impaired cognitive functions, sleep disorders, or vice versa - drowsiness, poor appetite, impaired twilight vision, cracks in the lips and in the corners of the mouth ("jams"), acne rash, boils, frequent "barley", easily occurring hemorrhages in the skin, bleeding gums - the most common external symptoms of polyhypovitaminosis.

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The erased clinical picture of the course, the absence of pathognomonic symptoms, and the inaccessibility of laboratory diagnostic methods lead to an increasingly widespread spread of hypovitaminosis.

The increase in the prevalence of polyhypovitamins is also facilitated by the fact that most people living in large cities use food products made with the help of new technologies: refined products, long-term storage products that are practically vitamin-free. The lack of micronutrients during normal nutrition is almost inevitable.

As a result of irrational chemotherapy, a large number of patients suffer from impaired intestinal microflora and, as a result, insufficient synthesis of group B vitamins. Long-term use of certain medications can cause a decrease in the level of several vitamins. Taking estrogen-containing contraceptives can cause a deficiency of pyridoxine in the body. A decrease in the level of pyridoxine in the body is also noted with prolonged use of certain antibiotics, sulfonamides, phthivazide, isoniazid, cycloserine.

According to **IV Vitamin Therapy Massachusetts**, the deficit of vitamins A, C, E, B1, B2, folic acid, and minerals: calcium, iron, iodine, and selenium currently affects the decrease in the health indicators of the population of our country.

Due to the fact that public health today does not have the ability to widely examine the population to identify the level of vitamins and minerals in various regions, **IV Hydration Boston** can conclude that the problem is much deeper than it is covered in the literature.

In such a situation, regular prophylactic intake of vitamin-mineral complexes containing micronutrients in doses not exceeding the daily requirement becomes simply necessary.

The biological role of vitamins in the body

Thiamine normalizes the activity of the central and peripheral nervous systems, cardiovascular and endocrine systems.

The development of severe paralysis in thiamine deficiency indicates the special role of thiamine in neurons. Thiamine is also involved in the transmission of nervous excitation by affecting the exchange of acetylcholine and serotonin.

Vitamin B1 in the form of thiamine pyrophosphate is an integral part of at least four enzymes involved in the intermediate metabolism. When this vitamin is deficient, carbohydrate and other types of metabolism are disturbed, resulting in excessive accumulation of a-keto acids and pentozosugars in the body, a negative nitrogen balance develops, and amino acids and creatinine begin to be excreted in the urine in increased amounts.