

Table of Contents

1	Introduction	3
2	Vitamin A and Its Provitamins	63
3	Vitamin D	141
4	Vitamin E	219
5	Vitamin K	285
6	Thiamin, Vitamin B ₁ , Aneurin	339
7	Vitamin B ₂ : Riboflavin and Its Bioactive Variants	403
8	Niacin: Nicotinic Acid, Nicotinamide, NAD (P)	475
9	Vitamin B ₆	543
10	Folic Acid and Unconjugated Pteridines	619
11	Biotin	753
12	Pantothenic Acid	807
13	Vitamin B ₁₂	837
14	Vitamin C	929
15	Literature Supplement	1003
16	Subject Index	1021