

Federal State Autonomous Educational Institution of Higher
Education

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Iodine and vitamin B6

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Vitamin/ mineral	Use in organism	Shortage, deficiency	Products	Daily rate
1. Vitamin B6, Pyridoxine	<ul style="list-style-type: none"> • Takes part in the formation of red blood cells; • Participates in the processes of assimilation of glucose by nerve cells; • Necessary for protein metabolism and amino acid transamination; • Takes part in the metabolism of fats; • Has a hypocholesterolemic effect; • Has a lipotropic effect, a sufficient amount of pyridoxine is necessary for the normal functioning of the liver. 	Lack of pyridoxine leads to a decrease in the number of T-lymphocytes (an important indicator of the immune system), decreased appetite, nausea and vomiting (especially in pregnant women), lethargy, irritability, convulsions, depression, increased anxiety, psychosis.	Eggs, shrimp, oysters, salmon, tuna, ham, chicken, ground beef and lamb, liver, cottage cheese, cheese and other dairy products. Sprouted grains, potatoes, peas, cabbage, carrots, tomatoes, beans, lentils, soybeans, leafy green vegetables, many cereals and cereals, yeast, nuts, seeds, berries and fruits.	<p>Infants: 0.6 mg</p> <p>Children 1-11 years old: 1.5 mg,</p> <p>Adolescents and adults: 2 mg</p>



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2. Mineral iodine	<ul style="list-style-type: none"> Participation in the formation of thyroid hormones Essential for the growth and differentiation of cells in all tissues of the human body Mitochondrial respiration, regulation of transmembrane sodium and hormone transport 	<p>Insufficient intake leads to endemic goiter with hypothyroidism and a slowdown in metabolism, arterial hypotension, growth retardation and mental development in children.</p> <p>The main symptoms:</p> <ul style="list-style-type: none"> growth of the thyroid gland; constant fatigue and increased fatigue; fragility of the nail plates; dry skin; violation of the act of swallowing; weight gain 	<p>Seaweed, seafood, dairy products, cereals and eggs.</p> <p>More than 70 countries, including the United States and Canada, have salt iodization programs.</p>	<p>Infants: 60 mcg</p> <p>Children 1-11 years old: 120 mcg</p> <p>Adolescents and adults: 150 mcg</p>



Thanks for attention !