

Federal State Autonomous Educational Institution of Higher  
Education

Peter the Great St. Petersburg Polytechnic University  
Institute for Biomedical Systems and Biotechnology  
Graduate School of Biotechnology and Food Production

# Iodine and vitamin B6

---

The presentation was prepared by student of group 4731904/90001

Mordovskaya M. M.





Vitamin / mineral	Use in organism	Shortage, deficiency	Products	Daily rate
2. Mineral iodine	<ul style="list-style-type: none"> <li>Participation in the formation of thyroid hormones</li> <li>Essential for the growth and differentiation of cells in all tissues of the human body</li> <li>Mitochondrial respiration, regulation of transmembrane sodium and hormone transport</li> </ul>	<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"> <li>growth of the thyroid gland;</li> <li>constant fatigue and increased fatigue;</li> <li>fragility of the nail plates;</li> <li>dry skin;</li> <li>violation of the act of swallowing;</li> <li>weight gain</li> </ul>	<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 !