

control center of the body as it carries all important functions within the human body.

## Que No 5 (c)

### Fat Soluble Vitamins:

#### Vitamins:

Vitamins are important for the body in minute quantity. If taken excessively it will be toxic and if taken insufficient, it can cause deficiency within the body.

There are two types of vitamins:

- 1) Fat Soluble vitamins
- 2) Water Soluble vitamins. (B Complex, C)

### Fat Soluble Vitamins:

Such vitamins are soluble in organic solvents. So these vitamins remain in the body for longer period of time and does not required on daily basis. Such as: Vitamin A, D, E and K.