

**547.74 DYK****CONTENTS**

1	Introduction	1
2	Vitamin B <sub>1</sub> (Thiamine)	4
3	Vitamin B <sub>2</sub> (Riboflavin)	31
4	Pteroylglutamic Acid (Folic Acid)	52
5	The Vitamins B <sub>6</sub>	75
6	Nicotinamide and Nicotinic Acid (The PP Factor)	97
7	Vitamin B <sub>12</sub> (Cyanocobalamin)	107
8	Pantothenic Acid (Vitamin B <sub>5</sub> )	150
9	Biotin (Vitamin H)	161
10	Lipoic Acids (6-Thiotic Acid)	182
11	Vitamin C (L-Ascorbic Acid)	191
12	The Vitamins A	208
13	The Vitamins E (Tocopherols)	256
14	The Vitamins D	271
15	The Vitamins K	318
16	Essential Fatty Acids (Vitamins F)	336
17	Myoinositol (or Mesoinositol)	347
	Index	355