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THE ROLE VITAMINS IN HUMAN LIFE

Vitamins are the substances essential for the vital functions of the body. The word "vita" means life. Vitamins are biologically active substances that are crucial for the normalization of metabolic processes. They are formed by plants or animals and must enter the body in microscopic quantities to prolong life processes.

We get vitamins and minerals from the food we eat every day. Vitamins and minerals make our bodies work properly.

There are two categories of vitamins: fat soluble and water soluble. A, D, E – are fat-soluble, they dissolve in fat and are stored in our body.

C and B vitamins are water - soluble, they need water to dissolve before being absorbed in our body. C and B vitamins can't be stored in our body, that's why we need a fresh supply of them every day.

Vitamins are organic substances, made by plants or animals. Minerals are inorganic elements which come from soil, water and are absorbed by plants or eaten by animals.

Vitamins and minerals support normal growth and development, and help cells and organs function. For example, carrots which are full of carotenoids are good for eyes. To have strong bones, we should consume dairy products, which are rich in the calcium.

Our body needs a variety of minerals and vitamins to grow, develop and stay healthy. There are hundreds of supplements on the market that contains recommended amounts of any vitamins and minerals. But the best way to get vitamins and minerals is to eat healthy foods and skip the vitamin pills.

Although water – soluble vitamins have many tasks in the body, one of the most important is helping to free the energy fought in the food we eat. Others help keep

tissues healthy. Some vitamins several B vitamins are key components of certain coenzymes, that help release energy from food. Some vitamins thiamin, riboflavin, niacin, biotin, engage in energy production. Some vitamins vitamin B6, B12 and folic acid metabolize amino acids and help cells multiply. Some vitamins one of many roles played by vitamins C is to help make collagen [2].

Thus, in generalizing the theoretical material, I concluded that all life processes occur in the body with the help of the existence of vitamins. Vitamins are part of more than one enzyme, triggering a huge number of reactions, contribute to the maintenance of the body's defenses, help to adapt and increase its resistance to the various environmental factors. Vitamins play an important role in maintaining immunity, make our body more stable to disease.

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