

Recent Vitamin Research

Edited by
Michael H. Briggs



Recent Vitamin Research

Michael F. Holick



Recent Vitamin Research:

New Insights on Vitamin C and Cancer Michael J. Gonzalez, Jorge R. Miranda-Massari, 2014-09-18 Research on vitamin C and its effects on cancer is growing in popularity around the world as positive research continues to accumulate building a stronger case for its effectiveness This concise SpringerBrief on Vitamin C and Cancer presents the latest findings on how vitamin C induces apoptosis A high concentration of vitamin C allows for ascorbate to generate hydrogen peroxide in tissue that can selectively kill cancer cells Research has confirmed that high dose vitamin C is cytotoxic to a wide variety of cancer cell lines and that it also boosts the anti cancer activity of several common chemotherapy drugs Vitamin C also does more than just kill cancer cells It boosts immunity by stimulating collagen formation to help the body wall off the tumor It inhibits hyaluronidase an enzyme that tumors use to metastasize and invade other organs throughout the body This concise and up to date Brief is geared towards cancer researchers and scientists as well as physicians interested in the basic science and the translational potential of vitamin C in cancer therapeutics

Revival: Recent Vitamin Research (1984) Briggs Michael, 2017-11-22 The book opens with a survey by Dr Motron Cowan of biotin responsive metabolic disorders of children A group of Japanese researchers then present their latest data on the complex interactions between vitamin D and parathyroid hormone PTH in bone calcification Dr Maxine Briggs reviews the prolific published information relating vitamin C to infectious diseases and presents the results of an 8 year study into the prophylactic value of high dose ascorbic acid AA and the common cold Professor Kristoffersen and Dr Rolschau review the effects of vitamin supplements during pregnancy and intrauterine growth Possible protective effects of vitamin A and other retinoids against cancer are discussed by Dr Jill Blunck while Dr Sue Tonkin describes her results on the interaction between oral contraceptives and riboflavin Finally the possible prevention of neural tube defects by vitamin supplements by Professor Laurence It is hoped that this collection of papers on the frontiers of vitamin research will be of wide interest to medical and scientific workers interested in the exciting and controversial uses and functions of vitamins

Military Strategies for Sustainment of Nutrition and Immune Function in the Field Institute of Medicine, Committee on Military Nutrition Research, 1999-05-13 Every aspect of immune function and host defense is dependent upon a proper supply and balance of nutrients Severe malnutrition can cause significant alteration in immune response but even subclinical deficits may be associated with an impaired immune response and an increased risk of infection Infectious diseases have accounted for more off duty days during major wars than combat wounds or nonbattle injuries Combined stressors may reduce the normal ability of soldiers to resist pathogens increase their susceptibility to biological warfare agents and reduce the effectiveness of vaccines intended to protect them There is also a concern with the inappropriate use of dietary supplements This book one of a series examines the impact of various types of stressors and the role of specific dietary nutrients in maintaining immune function of military personnel in the field It reviews the impact of compromised nutrition status on immune function the interaction of health exercise and stress both physical and

psychological in immune function and the role of nutritional supplements and newer biotechnology methods reported to enhance immune function The first part of the book contains the committee's workshop summary and evaluation of ongoing research by Army scientists on immune status in special forces troops responses to the Army's questions conclusions and recommendations The rest of the book contains papers contributed by workshop speakers grouped under such broad topics as an introduction to what is known about immune function the assessment of immune function the effect of nutrition and the relation between the many and varied stresses encountered by military personnel and their effect on health

Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee of Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on Micronutrients, 2002-07-19 This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes DRIs This series provides recommended intakes such as Recommended Dietary Allowances RDAs for use in planning nutritionally adequate diets for individuals based on age and gender In addition a new reference intake the Tolerable Upper Intake Level UL has also been established to assist an individual in knowing how much is too much of a nutrient Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients recommendations have been formulated regarding vitamins A and K iron iodine chromium copper manganese molybdenum zinc and other potentially beneficial trace elements such as boron to determine the roles if any they play in health The book also Reviews selected components of food that may influence the bioavailability of these compounds Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups Identifies research needed to improve knowledge of the role of these micronutrients in human health This book will be important to professionals in nutrition research and education

Vitamin C and Cancer Evelleen Richards, 1991-06-18 A study of the development and rejection of vitamin C as a treatment for cancer this text also explores the evaluation process of such a contentious treatment Based on social economic and financial considerations it sees these decisions as political rather than objective assessments

New Topics in Vitamin E Research Oliver H. Bellock, 2007 The term vitamin E describes a family of eight antioxidants four tocopherols alpha beta gamma and delta and four tocotrienols also alpha beta gamma and delta Alpha tocopherol is the only form of vitamin E that is actively maintained in the human body and is therefore the form of vitamin E found in the largest quantities in the blood and tissue 1 Alpha tocopherol is the form of vitamin E that appears to have the greatest nutritional significance This volume presents leading edge research in this important field

Vitamin D Michael F. Holick, 2010-06-27 In Vitamin D Physiology

Molecular Biology and Clinical Applications Second Edition leading researchers provide a comprehensive highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites Topics range from the most recent recommendations for vitamin D intake to new approaches for the treatment and prevention of vitamin D deficiency and the development of active vitamin D drugs to treat psoriasis and cancer The book demonstrates the significant role that vitamin D has in maintaining good bone health and the prevention of osteoporosis an important health problem for adults over the age of fifty In addition it authoritatively reviews the relationship between sunlight exposure vitamin D and increased risk of colon and breast cancer how vitamin D is made in the skin and the sequence of events that leads to its activation by the kidney Also examined are the biological functions of 1,25 dihydrovitamin D₃ on the intestine and bone as well as other tissues such as skin the immune system prostate and breast and vitamin D's molecular mechanism of action on the cell membrane and nucleus The first edition of Vitamin D Physiology Molecular Biology and Clinical Applications was the benchmark in the field when published in 1999 This new and expanded volume continues to include extensive in depth chapters covering the most important aspects of the complex interactions between vitamin D and other dietary components the ongoing debate concerning the best indicator of optimal vitamin D status and its nutrient requirements and the impact of less than optimal status on disease risk Vitamin D Physiology Molecular Biology and Clinical Applications Second Edition is designed and organized not only to be an up to date review on the subject but also to provide medical students graduate students health care professionals and even the lay public with a reference source for the most up to date information about the vitamin D deficiency pandemic and its clinical implications for health and disease **Vitamania** Catherine

Price, 2016-04-12 In Vitamania award winning journalist Catherine Price takes readers on a lively journey through the past present and future of the mysterious micronutrients known as human vitamins an adventure that includes poison squads and political maneuvering irradiated sheep grease and smuggled rats Part history part science part personal exploration Price's witty and engaging book reveals how vitamins have profoundly shaped our attitudes toward eating and investigates the emerging science of how what we eat might affect our offspring for generations to come **AMAZON** *Vitamin D and Human Health* Simon Spedding, 2019-02-21 This book is a printed edition of the Special Issue Vitamin D and Human Health that was published in *Nutrients* **A Treatise on the Scurvy** James Lind, 2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1772 edition Excerpt would not have published any thing upon the subject There is an edition of

Roujjetii put down by Mercklin si J and Lipenius in the year 1564 and of Wierius observations in 1567 The learned Dr AJiruc Is of opinion that these last were not published till 1580 It is thus far certain that those authors corresponded together and upon Wierius sending to Ronjfeus Ecbthius's letter now called his Epitome he published it together with his own work Wierius's observations and two of Langius's epistles in the year 1583 **CHAP IL Bibliotheca scorbutica or A chronological**

view of what has hitherto been published on the curvy A D DEGREES of an Echthii defcorbtito velscorbu 1541 tica pqqffione DEGREES epitome He proposes it as a question Whether the blood in the scurvy may not be corrupted without the spleen or any other of the bowels being affected but is inclined to think the spleen often is He assigns as causes of this disease gross and unwhole some si Linden rtnwat sk Bibliotheca rial medic I Lib dt morbit venereis some food such as salted dried or putrid flesh and fish rancid pork spoilt bread bad water the second the succeeding and more certain signs of the malady Under the first he comprehends a heaviness of the body with an unusual weariness generally most sensibly felt after exercise a tightness of the breast and a weakness of the legs an itching redness and pain of the gums a change of colour in the face to a darkish hue and observes that where all these symptoms concur we may fortel an approaching scurvy But the more certain

The Vitamin D Solution Michael F. Holick, 2010 Citing the role of Vitamin D deficiency in chronic health conditions a program for implementing safe moderate quantities of sunlight into a lifestyle also provides anecdotes and case studies that have demonstrated effective treatments *Multiple Sclerosis* Ian S. Zagon, Patricia J. McLaughlin, 2017 **Vitamin D** H.F. DeLuca, 2012-12-06 Because diseases of the bone are often less acute and less lifethreatening than diseases of the circulatory system gastrointestinal tract kidney liver and the nervous system they have received a disproportionately smaller amount of attention in the medical world With the average increasing life span of man as a result of improvements in modern medicine especially in the pediatric field the seriousness of many metabolic bone diseases has indeed become more obvious In addition other improvements in medicine such as hemodialysis for the preservation of renal failure patients have permitted the development of other consequences of diseased kidneys one of which is the appearance of renal osteodystrophy Finally the appearance of several genetic disorders in the area of metabolic bone disease has been underscored by the solution of other pediatric diseases of much more serious consequences These emerging problems all suggest that much remains to be learned concerning the systemic control of bone both as a structural organ and as a reservoir for the important elements of calcium and phosphorus so essential for the support of life in complex multicellular organisms of which man is the most important As will be demonstrated in the historical portion of this manuscript the existence of the three most important humoral factors regulating bone metabolism and function are now known *Vitamin A Deficiency and Its Consequences* Alfred Sommer, World Health Organization, 1995 Rev ed of Field guide to the detection and control of xerophthalmia 2nd ed 1982 *Diets, Foods and Food Components Effect on Dyslipidemia* Federica Fogacci, Arrigo F.G. Cicero, Claudio Borghi, 2021-09-01 Dyslipidemia and particularly hypercholesterolemia remains a main cardiovascular disease risk factor partly reversible with the improvement of life style including dietary habits Even when a pharmacological treatment is begun dietary support to lipid lowering is always desired This book will provide a selection of new evidence on the possible lipid lowering effects of some dietary and medicinal plant components reporting some interesting reviews experimental data and results from clinical trials The book is adapted for experts in nutrition but also for

all scientists involved in cardiovascular disease prevention

Vitamin C in Human Health and Disease Wang Jae

Lee, 2019-08-06 This book presents the scientific evidence for the role of vitamin C in health and disease and offers new guidance on vitamin C intake in humans The importance of vitamin C in preventing cancer and cardiovascular disease its relevance to aging and stress and its impacts on each of the human body systems are thoroughly assessed on the basis of the author's extensive research and his deep understanding as an anatomy professor of the body as a whole Findings published in the international scientific literature are fully taken into account and due consideration is also given to empirical evidence bearing in mind that mechanisms of action cannot always be precisely defined in the absence of human experiments Beyond providing an up to date scientific perspective on the effects of vitamin C the author hopes to promote human health worldwide by encouraging proper use of the vitamin To this end recommendations are made on the amount of vitamin C that should be taken daily and on the best way to take it The book will be of interest to researchers clinicians and all others who wish to learn more about this vitamin and its significance

Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, 1999-10-17 Since 1941 Recommended Dietary Allowances RDAs has been recognized as the most authoritative source of information on nutrient levels for healthy people Since publication of the 10th edition in 1989 there has been rising awareness of the impact of nutrition on chronic disease In light of new research findings and a growing public focus on nutrition and health the expert panel responsible for formulation RDAs reviewed and expanded its approach the result Dietary Reference Intakes This new series of references greatly extends the scope and application of previous nutrient guidelines For each nutrient the book presents what is known about how the nutrient functions in the human body what the best method is to determine its requirements which factors caffeine or exercise for example may affect how it works and how the nutrient may be related to chronic disease The first volume of Dietary Reference Intakes includes calcium phosphorus magnesium vitamin D and fluoride The second book in the series presents information about thiamin riboflavin niacin vitamin B6 folate vitamin B12 pantothenic acid biotin and choline Based on analysis of nutrient metabolism in humans and data on intakes in the U S population the committee recommends intakes for each age group from the first days of life through childhood sexual maturity midlife and the later years Recommendations for pregnancy and lactation also are made and the book identifies when intake of a nutrient may be too much Representing a new paradigm for the nutrition community Dietary Reference Intakes encompasses Estimated Average Requirements EARs These are used to set Recommended Dietary Allowances Recommended Dietary Allowances RDAs Intakes that meet the RDA are likely to meet the nutrient requirement of nearly all individuals in a life stage and gender group Adequate Intakes AIs These are used instead of RDAs when an EAR cannot be calculated Both the RDA and the AI may be used as goals for individual intake Tolerable Upper Intake Levels ULs Intakes below the UL are unlikely to pose risks of adverse health effects

in healthy people This new framework encompasses both essential nutrients and other food components thought to play a role in health such as dietary fiber It incorporates functional endpoints and examines the relationship between dose and response in determining adequacy and the hazards of excess intake for each nutrient **Dietary Supplements** Johanna T.

Dwyer,Paul M. Coates,2018-06-26 This book is a printed edition of the Special Issue Dietary Supplements that was published in Nutrients **Vitamin C** Qi Chen,Margreet C M Vissers,2020-01-23 Vitamin C holds a unique place in scientific and

cultural history In this book a group of leading scientific researchers describe new insights into the myriad ways vitamin C is employed during normal physiological functioning In addition the text provides an extensive overview of the following the rationale for utilizing vitamin C in the clinic updates on recent uses of vitamin C in cancer treatment through high dose intravenous therapies the role vitamin C plays in the treatment of sepsis and infectious disease management of the ways vitamin C can improve stem cell differentiation as well as vitamin C use in other important health situations Features

Includes chapters from a team of leading international scholars Reviews the history and recent research on the functions benefits and uses of vitamin C Focuses special attention on the way vitamin C can be used in the treatment of cancers

Discusses how vitamin C can be employed against infectious disease Chapters 1 3 7 and 11 of this book is freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license **Handbook of Vitamin D in Human Health** Ronald Ross Watson,2013 The

authors document and define many of the key health related roles of vitamin D Its traditional application in bone and muscle health as well as therapy of arthritis is expanded and clarified with new research A better understanding of the effects of vitamin D inadequacy is modelled using problems ranging from infant growth retardation to chronic kidney and periodontal disease Uniquely the vitamin's role in resistance and treatment of infectious diseases is shown in examples ranging from HIV/AIDS to tuberculosis Mechanistic understanding of vitamin D's actions is enhanced by looking into its effects on immune modulation and inflammation Expansion of the role of sunlight in stimulating vitamin D production is discussed relative to the reduction in a variety of cancers

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