

## Biochemistry of Vitamins and Antioxidants

Lecture	Duration
<b>Fat Soluble</b>	
<b>Vitamin A</b>	
Vitamin A-01	00:16:41
Vitamin A-02	00:21:31
Vitamin A-03	00:17:36
Vitamin A-04	00:21:19
<b>Vitamin D</b>	
Vitamin D-01	00:23:15
Vitamin D-02	00:22:50
Vitamin D-03	00:14:30
Vitamin D-04	00:20:56
<b>Vitamin E</b>	00:30:41
<b>Vitamin K</b>	
Vitamin K-01	00:15:43
Vitamin K-02	00:17:02
<b>Water Soluble</b>	
<b>Vitamin C</b>	
Vitamin C-01	00:21:02
Vitamin C-02	00:20:00
<b>Thiamine</b>	
Thiamine-01	00:20:15
Thiamine-02	00:22:22
<b>Niacin and Riboflavin</b>	
Niacin and Riboflavin-01	00:20:39
Niacin and Riboflavin-02	00:19:08
<b>Pyridoxine (Vitamin B6)</b>	00:36:06
<b>Biotin and Pantothenic Acid</b>	
Biotin and Pantothenic Acid-01	00:18:35
Biotin and Pantothenic Acid-02	00:20:14
<b>Folic Acid</b>	
Folic Acid-01	00:21:56
Folic Acid-02	00:15:46
<b>Cobalamin</b>	
Cobalamin-01	00:19:40
Cobalamin-02	00:18:56
<b>Free Radicals and Antioxidants</b>	
<b>Free Radicals and Antioxidants-01</b>	00:17:17
<b>Free Radicals and Antioxidants-02</b>	00:17:39
<b>Free Radicals and Antioxidants_Revision</b>	00:04:03