

Unit 5: Feeds, Nutrition and Digestion

Lesson 4: Understanding Nutrients 2: Vitamins



What caused this condition?



I. Vitamins

- ◆ A) Organic substances necessary in small amounts
- ◆ B) Required for normal growth and maintenance of life
- ◆ C) Function as catalyst in metabolic processes
- ◆ D) 16 essential vitamins

II. Types of Vitamins

◆ A) Fat Soluble

- 1. can be stored in the body
- 2. daily intake not required
- 3. Examples: A, D, E, K

◆ B) Water Soluble

- 1. Not stored in the body
- 2. Must supplement regularly
- 3. Examples: C, Complex B vitamins

III. How Animals Obtain Vitamins

◆ A) Complex ruminants synthesize vitamins in the rumen

◆ B) Sources of Vitamins

– 1. Vit A = Green forages and corn

– 2. Vit D = Sun-cured forages

– 3. Vit E = Whole grain, green forage, high quality hay

– 4. Vit K = Green leafy forage, fish meal

– 5. Vit C = Supplemented in feed ration