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Role of Micronutrients (Vitamins & Minerals)

[1]Labia Arif, [2]Muhammad Hamza, [3]Esha Iqbal, [4]Zain Kaleem
[1, 2, 3, 4] Faculty of Veterinary and Animal Sciences MNS University of Agriculture Multan
[1]laibafatimah6244@gmail.com, [2]hamzazulfqar5172@gmail.com,[3]eishaiqbal623@gmail.com,[4]zainkaleem@outlook.com

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Corresponding author:
Muhammad Hamza

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Abstract
Micronutrients are essential nutrients. Micronutrients are needed mostly below 100 milligrams per day for human nutrition, although macronutrients are needed in grams daily. Essential nutrients cannot be produced in human beings and, therefore needed by the diet. Micronutrients play a fundamental role in digestion and tissue maintenance but effects in inhibiting or medication of sickness which is not caused by lack of nutrients cannot be predictable from increasing the consumption. Medical insufficiency of nutrients is unfamiliar in industrialized nations i.e. High consumption of micronutrients such as folic acid and b-carotene is linked with a high threat of long-term illnesses for example cardiovascular disease, and inferior threat of congenital heart disease and cancer at different places. Above 2 billion persons in both developing and industrial Countries are disturbed by deficiencies. The actions or absorption of vitamins is slowed down by Anti-vitamins i.e., enzymes that use vitamin B1 are suppressed by Pyrithiamine. Biotin absorption is inhibited by avidin, although by cooking it is inactivated. In the human body four main basic elements (O, H, C, and N) by weight, are often not involved in the tilts of main minerals. For plants, nitrogen is a “mineral" because it is normally involved in manures. 96% of the weight of the human body is composed of these elements, and the remaining percent is composed of trace elements and macrominerals. Phosphorus, Calcium, sodium, potassium, and magnesium (macro minerals, microelements) are the five main elements in the human body. Sulfur, manganese, molybdenum, copper, iodine, selenium zinc, chlorine, cobalt, and iron are microelements, with specific biological functions in the human body. The current review analyzes the different methodologies for the study of nutritive consumption of micronutrients and will reflect the indication of the valuable influence of the supplements of micronutrients on health.

BIOCHEMICAL FUNCTIONS OF VITAMINS

For energy production, immune function, and blood clotting, Vitamins are compulsory. Vitamins have a major impact on our overall health and they have many benefits. Vitamin A has a fundamental role in the regulation of cells and the growth of tissues and differentiation. Biotin's role as enzyme cofactors or their precursors and coenzymes. Biotin is a B vitamin found in many foods Important for energy metabolism and healthy skin, hair, and nails. When you eat food, you need energy. Carbohydrates, fats, and proteins are converted into energy with the help of Biotin. Vitamin D delivers hormone-like functions. It regulates the metabolism of minerals for the bones. It helps in calcium absorption in the gut. Vitamin D also prevents hypocalcemic tetany (a lack of parathyroid hormone (PTH)). It maintains phosphate concentrations and adequate serum calcium to allow regular bone mineralization. Vitamins E act as antioxidants (Bender, 2003), and cell oxidation is inhibited by free radicals in the human body. In several biological organizations, Vitamin C has essential functions. It includes the synthesis of hormones, neurotransmitters, collagen, and cytochrome. For DNA synthesis and growth of cells, Folic Acid is Vigorous, especially during pregnancy [1]. It is found in legumes, leafy greeneries, and fortified foods. Deficient intake of vitamins can affect clinically vital diseases, yet too much intake of water-soluble vitamins is unlikely to do so. Vitamins B1 and B2 transform food into energy. Thiamin has several roles, and vitamin B2 also called riboflavin, helps to maintain proper eyesight. For the proper functioning of the immune system, it acts as an antioxidant. Vitamin B2 is essential for healthy skin and hair.

BIOCHEMICAL FUNCTIONS OF MINERALS

Minerals represent around 5-6% of the total body weight. Minerals are naturally found in a variety of animal-based foods and plants, Minerals play a significant role in normal growth, fluid balance, bone strength, and numerous further processes. Micronutrients can be synthesized in the laboratory [2]. Minerals are categorized as. Macro minerals or microminerals. The requirement of Macrominerals is greater than 100 mg per day. It includes phosphorous calcium, sodium, magnesium chloride, and potassium. The richest elements in the human body are hydrogen, Oxygen, carbon, and nitrogen. They make up around 96% of the weight of a human body. As a cofactor in many enzyme reactions Zinc is involved, and it has many other roles, as well as the promotion of organ regeneration. Magnesium has a major role in neuroendocrine system control. It is also involved in Active transport and calcium metabolism. Potassium is essential

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for the homeostasis of organisms, muscle contraction, and nerve function [3]. Starchy vegetables like winter squash are a rich source of potassium. Sulfur is Present in proteins and contributes to various biochemical processes Minerals play a key role in osmoregulation and transpiration. They are important for muscle contraction and the transmission of nerve impulses. They also serve as structural elements of soft tissues. Some micronutrients also help in preventing and fighting disease.

DEFICIENCIES AND RISKS OF MICRONUTRIENTS

Micronutrients are required only in small amounts in the human body (in milligrams or micrograms) while they are as important as the macronutrients. Several diseases are caused by micronutrient deficiencies and have an important effect worldwide [4]. Around 2 billion persons of all ages in both industrialized and developed countries are affected due to micronutrient deficiencies. 10% of all deaths in kids are linked with Micronutrient deficiencies. Hence it disturbs the individuals involved in the child welfare system. Micronutrient deficiency might lie hidden and frequently, the signs and symptoms of this Deficiency develop late in the sickness and are frequently irreversible [5]. The essential Micronutrients such as zinc, calcium, Vitamin A, and iron, deficiencies can cause infections like intestinal worms. Some vitamins for example work as cofactors or coenzymes in many metabolic procedures [6]. The human body cannot synthesize micronutrients, thus, they must be delivered into the diet in sufficient quantities. If the Micronutrients source is not adequate its deficiency is more likely to cause diseases. Vitamin K is essential for clotting. Its deficiency is common in children. When there is a lack of ability to form blood clots it leads to excessive bleeding. Lack of Vitamin A can cause blindness. Iodine deficiency can lead to poor Embryonic Stage. Deficiency of Iron can lead to anemia. Anemia is a condition in which the blood is not capable of carrying the required oxygen to the tissues, which results in death [7]. Around 40-60% of babies in developed countries suffer from mental disabilities because of iron deficiency. Deficiencies of Mineral can lead to immunodeficiency disorders and osteoporosis. Lactating women, pregnant women, and young children, mostly have a greater need for vitamins and minerals so they are most exposed to the harmful consequences of deficiencies [8]. Prolonged shortages of a balanced diet can cause heart diseases and strokes. Prolonged storage of foods and liquid refreshment usually disturbs the components of f*oods*, as well as micronutrients.

MICRONUTRIENT SUPPLEMENTATION

Single management of three or more dissimilar micronutrients is known as multiple micronutrient (MMN) supplements [9]. The formation of several micronutrients or a single micronutrient (iron, iodine, folic acid, vitamin B12, vitamin A, zinc, vitamin D,) in the form of tablets, capsules, or syrup is involved in Micronutrient supplementation. Lesch-Nyhan syndrome contains micronutrients inserted in a food base. It gives energy, protein, and necessary fatty acids, and is frequently given in 20–50g/day amount. In Low- and middle-income countries small quantities of Lesch-Nyhan syndrome are projected for use as home fortifications to fulfill nutrient deficiencies in the home-grown diet [10]. For example, NutriButter provides 110–150 kcal/day. During central processing, the nutritional value of regularly used foods is increasing on Large-scale fortification [11]. The preparation of adding micronutrients to foods planned for definite subcategories of the population is known as Targeted fortification [12]. Directed fortification does not consist of balancing foods fortified at the domestic level. For their well-known ingestion in target populations, rice, salt, oil, flour, Wheat, and milk, sugar, are frequently designated as means of transportation for large-scale fortification. In conclusion, Minimum Navigation Performance Specifications (MNPs) are used to add micronutrients to foods commonly when cooking meals at the domestic level [13].

EFFECT OF INADEQUATE SUPPLY OF MICRONUTRIENTS

Inadequate supply of micronutrients, such as vitamins and minerals, can have profound effects on human health. In various biological procedures, as well as metabolism, immune function, and regeneration these essential nutrients play a fundamental role. A deficiency in micronutrients can cause a variety of health complications, including decreased growth in children, immunocompromised, increased weakness to infections, and cognitive impairment. For example, iron deficiency can result in anemia, while inadequate intake of vitamin A can lead to vision problems and compromised immune response [14]. Pregnant women and teenagers are particularly vulnerable to the significance of micronutrient shortages, which can have long-lasting effects on their health and well-being. Addressing inadequate micronutrient intake through dietary diversification, nutrition fortification, and supplementation programs is essential to prevent and mitigate the adverse effects of these deficiencies on public health. The effects of an inadequate supply of micronutrients, such as vitamins and minerals, can vary depending on the specific nutrient and the severity of deficiency [15]. However, common effects can include impaired maturation, immunocompromised, improved weakness to poisons and diseases, cognitive impairment, anemia, and various other health problems [16]. Micronutrient deficiencies can have significant consequences for individuals' overall fitness and health, especially in susceptible populations such as youngsters, expectant women, and seniors [17]. While micronutrients are essential for maintaining health, consuming them in excessive amounts can also have adverse effects on the body [18]. The effects of high intake of micronutrients can vary depending on the specific nutrient and the level of excess intake. For instance, too much intake of fat-soluble vitamins (A, D, E, and K) can lead to poisonousness. Hence, fat-soluble vitamins are stored in the human body and can accumulate over time. Symptoms of vitamin toxicity can include nausea, vomiting, headache, and in severe cases, organ damage [19]. Likewise, unnecessary intake of certain minerals like zinc, selenium, and iron can cause harmful symptoms for example gastrointestinal upset, organ damage, and impaired absorption of other nutrients [20]. Therefore, it's important to consume

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micronutrients within recommended levels to maintain optimal health and prevent the negative consequences of overconsumption [21].

OUTCOME OF DEFICIENCY OF MICRONUTRIENTS

The lack of micronutrients, such as vitamins and minerals, has important effects on overall health and happiness. Some common consequences of micronutrient insufficiencies are given below:

1. Weakened Immune Function: nutrients like vitamin, E C, and zinc deficiency can impair immune function, increasing susceptibility to infections and illnesses. Several micronutrients play vigorous roles in supporting the immune system.

2. Decreased Growth and Development: For normal growth and development, especially in children Micronutrients are necessary. Deficiencies in nutrients like vitamin A, vitamin D, and zinc can lead to stunted growth and delayed development [22].

3. Vision Difficulties: A deficiency of A Vitamin is an important reason for unnecessary sightlessness in the universe. Vitamin A Deficiency can lead to, dry eyes, night blindness, and ultimately damage the eyesight.

4. Anemia: Anemia results in weakness, exhaustion, and reduced physical routine due to deficient oxygen transport in the blood [23]. In the whole world, the most common micronutrient deficiency is Iron deficiency which can lead to anemia.

5. Weakness of bone: For healthy bones Calcium and vitamin D are essential. Insufficient intake of vitamin D and Calcium can lead to bone weakness, increased risk of cracks, and illnesses like osteoporosis [24].

6. Intellectual disability: vitamin B is needed for brain fitness and cognitive role. Insufficient intake of these Micronutrients can damage memory, concentration, and overall mental skills.

7. Chronic Diseases: Micronutrient deficiencies have been linked to a bigger risk of chronic disorders for example, cancer, diabetes, and cardiovascular disease [25]. Antioxidants (e.g., vitamins A, C, E, Lycopene, and Selenium) help protect against cellular injury and infection and reduce the danger of chronic diseases.

Addressing micronutrient deficiencies through a balanced diet, supplementation when necessary, and public health interventions like food fortification can help moderate these adverse effects and progress complete health outcomes.

SUGGESTED DAILY INTAKE OF ESSENTIAL MICRONUTRIENTS

- **Retinol:** 900µg for men, 700 µg for women
- **L-ascorbic acid**: 90 µg for men, 75 µg milligrams for women
- **Calciferol**: 15 µg micrograms (600 IU) for adults up to age 70, 20 µg micrograms (800 IU) for adults around 70
- **Vitamin K1**: 120 µg for men, 90 µg for women
- **Alpha-tocopherols**: 15 mg
- **Thiamin**: 1.1 mg for women, 1.2 mg for men
- **Pyridoxine**.5 mg for women around 50, 1.7 mg for men around 50
- **Iron:**18 mg for women, **:** 8 mg for men
- **Pyridoxine**: 1.5mg for women around501.7 mg for men around 50
- **Selenium**: 55 micrograms for me
- **Magnesium**: 310-320 mg for women, 400-420 mg for men
- **Riboflavin**: 1.1 mg for women,1.3mg for men
- **Cobalamins:** 2.4 micrograms
- **Niacin**: 14 mg for women, 16 mg for men
- **Folate:**400 micrograms
- **Calcium:** 1,000 mg for grown person up to stage 50, 1,200 mg for adults over 50
- **Zinc**: 8 mg for women, 11 mg for men

HOW DEFICIENCY DISEASES ARE PREVENTED?

The lack of nutrients diseases can be prohibited in the next ways:

- The nutritional value of food can be lost by prolonged cooking and undercooked food. Preserving root vegetables and fruits for a long time finishes their nutritive value .Avoiding this can stop deficiency diseases.
- Eating humble, such as soybeans groundnuts, pulses Broccoli, or any of the cruciferous vegetables etc.
- The nutritional value of food can be increased by Fermentation and incubation process.

CONCLUSIONS

Vitamins and minerals are important in the maintenance of tissue function and metabolism, but special effects in handling diseases that are not because of lack of nutrients cannot be predictable from growing the consumption. There is an extremely combined scheme to regulate the change of micronutrients in disease, and this determines exactly how essential the body observes the nutrients. For the normal working and growth of the body Vitamins and minerals are necessary

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substances. . The quantitative and qualitative necessities of human nutrition are satisfied by Micronutrients and are used up in adequate amounts. Macrominerals and trace minerals are two essential minerals of the body. Trace elements are necessary in small amounts but they do not indicate that they have little importance to the body. Deficiencies disturb around 2 billion persons of all ages in both industrial and developed Countries. Supplements that are given or suggested should be taken for a suitable time to achieve an evident result on physical comfort. Insufficient intake of Micronutrients can cause a range of fitness difficulties, and damage memory, concentration, and general mental capacities.

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