

Vitamin

Vitamin A -	is an important factor for, skin and growth, vision and the immune system. It occurs in pure form only in animal products. Vegetable oils and foods as well as animal feed contain precursors of the vitamin known as provitamin A. Symptoms of deficiency can manifest themselves as visual problems and susceptibility to infections.
Vitamin B -	is not a single substance, but rather a collective name for various vitamins. Vitamins of the B group are water-soluble and interact with each other in important ways (interaction). The main function of the B vitamins is that they are involved as co-enzymes in various metabolic processes in the organism.
Vitamin B1-	Vitamin B1- is particularly important for the nervous system and energy production. Plant and animal products contain thiamine (vitamin B1). A form of disease that can be attributed to vitamin B1 deficiency is called beriberi and manifests itself with symptoms such as; disorders of the nerves, the musculature and the cardiovascular system.
Vitamin B2-	called riboflavin belongs to the group of water-soluble vitamins, in the body it plays an important role as a component of co-enzymes which are needed for the metabolism. Vitamin B2 fulfils a whole range of tasks in the organism, it is significantly involved in the metabolism of carbohydrates, amino acids, fatty acids, purines and vitamins. Riboflavin fulfils the most important function, however, in the involvement of the respiratory chain. Vitamin B2 is stored in the liver and excreted via the kidneys.
Vitamin B6-	called pyridoxine, helps with liver diseases, detoxifies, supports protein digestion.
Vitamin C -	also known as ascorbic acid. Due to the gradual change in the human or animal organism (evolutionary), the organism can no longer synthesise this substance today. Plant foods in particular serve as a source of ascorbic acid.
Vitamin D -	Vitamin D - is actually not a vitamin, but can be synthesised by the body itself in combination with sunlight. Vitamin D is especially essential for bone mineralisation.
Vitamin E -	is a collective name for the various forms of the vitamin (α -, β -, γ -, and δ -tocopherol, tocotrienols). As an antioxidant (a chemical compound that slows down or completely prevents oxidation of other substances), vitamin E performs an important protective function in the body. Vitamin E deficiency, for example, promotes the development of cell disorders, infections and arteriosclerosis. Vitamin E is mainly found in plant seeds and the cold-pressed oils extracted from them. The vital substance does not develop its effect alone, but in combination with vitamin C and the trace element selenium.

Tocopherol /Vitamin-E Contents in mg per 100g oil:

Borage	111	gold of pleasure	87	Hemp	80	Argan	80	evening primrose	58
Grape seed	52	Flax	52	Rosehip	47	Walnut	44	Sesame	40
		Black cuminl	30	Coconut	2				