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# Vitamin B and Vitamin E

Pleiotropic and Nutritional Benefits

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Vitamin B is a water-soluble vitamin that plays important roles in cell metabolism and synthesis of red blood cells. Many foods contain B vitamins, including meat, poultry, and fish, among others. Vitamin E is a fat-soluble vitamin with antioxidant properties that can be found in vegetable oils, cereals, meat, poultry, eggs, and fruits. Both vitamins B and E are important for human health. This book provides a comprehensive overview of vitamins B and E. It is organized into three sections on the role of vitamin B on body health and gut flora, vitamin B deficiency and its association with the disease pellagra, and the medicinal significance and complications associated with vitamin E deficiency.

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