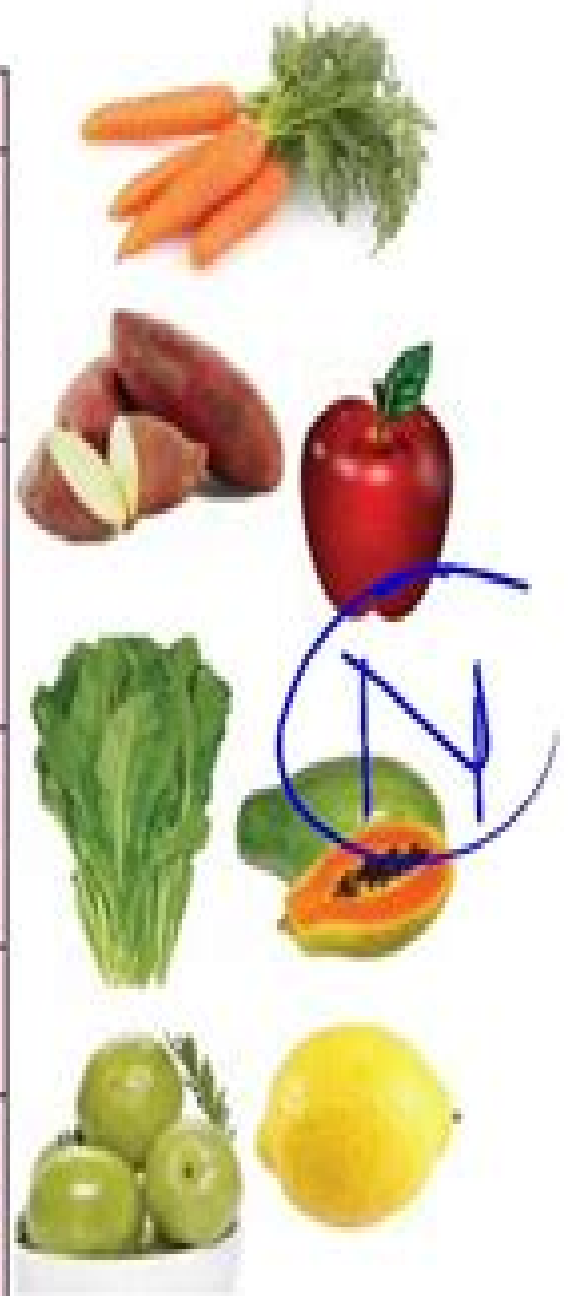


जीवनसल्ले - स्रोत व कार्य

जीवनसल्ले	कार्ये	स्रोत	अभावजन्य विकार
A	डोळ्यांचे रक्षण; त्वचा, दात, हाडे निरोनी राखणे.	गाजर, दूध, सोनी, गहूद हिरव्या भाज्या, रताळे, गहूद पिवळी फळे आणि भाज्या	रतांधळेपणा (कमी उजेडात पाहू न शकणे, अंधत्व) डीरोडर्मा (त्वचा कोरडी पडणे)
B1	चेतातंतूंचे व हृदयाचे कार्य नीट होण्यास मदत करणे.	दूध, मासे, मांस, तृणधान्ये, कसबफळे, डाळी	बेरीबेरी (चेतातंतूंचा आजार), स्नायूंचा अशक्तपणा / अकार्यक्षमता
B9	शरीराची वाढ	गहूद हिरव्या भाज्या, पपई, कीवी	वाढ नीट न होणे, अर्निमिया, विसर पडणे, हालचाली मंदावणे.
B12	लाल रक्तपेशी तयार करणे.	दुग्धजन्य पदार्थ, मांस	अर्निमिया
C	शरीराच्या उतीचे रक्षण करणे, हिरड्या, दात, हाडे, त्वचा यांसाठी	आवळा, कीवी, संजी व इतर लिंबूवर्गीय फळे तसेच कोबी, टोमॅटो,	स्काव्ही (हिरड्यांमधून रक्तस्राव होणे) गलाघंधी मुजणे, जखमा लवकर



Vitamin Chart Marathi Language File

R Barnett



Vitamin Chart Marathi Language File:

Industrial March ,1967 *Human Food Uses* ,1983 4025 entries to literature to certain classics and to recent literature published since the basic volume appeared in 1981 Alphabetical arrangement by primary authors Primarily English language but also contains some foreign language publications Each entry gives bibliographical information and annotation
Keyword index **Webster's Third International Dictionary of the English Language, Unabridged** ,1961

Vitamin Chart Marathi Language File: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Vitamin Chart Marathi Language File : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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