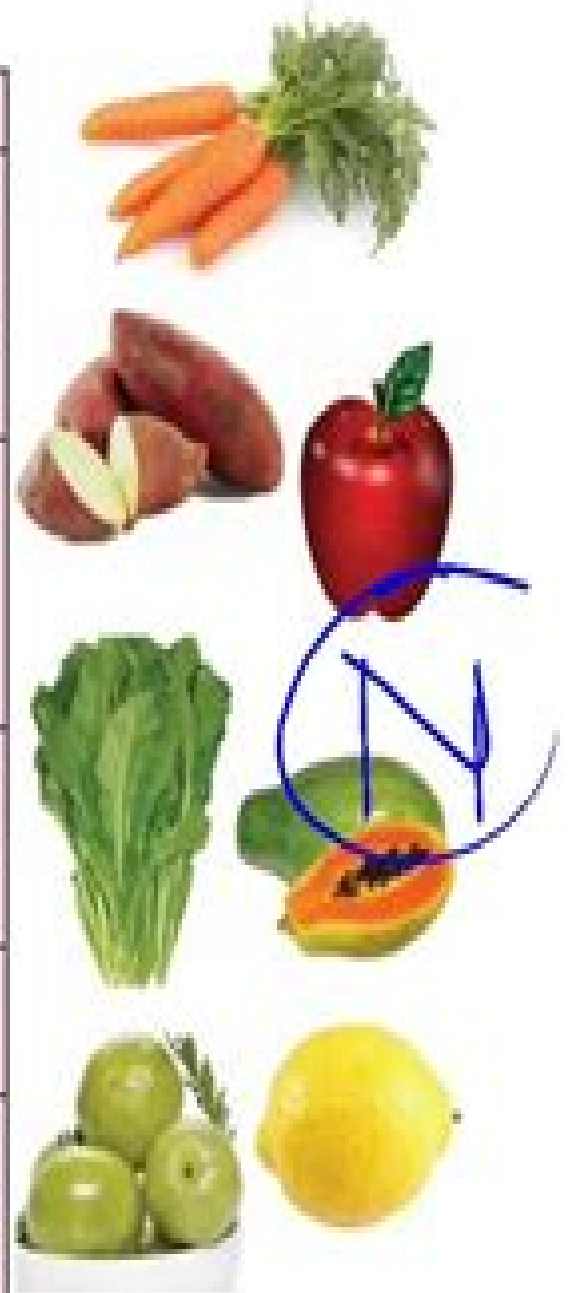


जीवनसल्ले - स्रोत व कार्य

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, कवचफळे, 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,	स्कर्व्ही (हिरड्यांमधून रक्तस्राव होणे) गलघंधी सुजणे, जखमा लवकर



Vitamin Chart Marathi Language File

Marco Cascella



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

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Table of Contents Vitamin Chart Marathi Language File

1. Understanding the eBook Vitamin Chart Marathi Language File
 - The Rise of Digital Reading Vitamin Chart Marathi Language File
 - Advantages of eBooks Over Traditional Books
2. Identifying Vitamin Chart Marathi Language File
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vitamin Chart Marathi Language File
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vitamin Chart Marathi Language File
 - Personalized Recommendations
 - Vitamin Chart Marathi Language File User Reviews and Ratings
 - Vitamin Chart Marathi Language File and Bestseller Lists
5. Accessing Vitamin Chart Marathi Language File Free and Paid eBooks
 - Vitamin Chart Marathi Language File Public Domain eBooks
 - Vitamin Chart Marathi Language File eBook Subscription Services
 - Vitamin Chart Marathi Language File Budget-Friendly Options
6. Navigating Vitamin Chart Marathi Language File eBook Formats

- ePub, PDF, MOBI, and More
- Vitamin Chart Marathi Language File Compatibility with Devices
- Vitamin Chart Marathi Language File Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vitamin Chart Marathi Language File
 - Highlighting and Note-Taking Vitamin Chart Marathi Language File
 - Interactive Elements Vitamin Chart Marathi Language File
- 8. Staying Engaged with Vitamin Chart Marathi Language File
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vitamin Chart Marathi Language File
- 9. Balancing eBooks and Physical Books Vitamin Chart Marathi Language File
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vitamin Chart Marathi Language File
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Vitamin Chart Marathi Language File
 - Setting Reading Goals Vitamin Chart Marathi Language File
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Vitamin Chart Marathi Language File
 - Fact-Checking eBook Content of Vitamin Chart Marathi Language File
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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