



# Nutrition: vitamins and minerals

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**Nutrition: vitamins and minerals** The Open University

Both vitamins and minerals are essential in the diet in small quantities. Learn about the two main vitamin groups and the major mineral elements. This free ebook, *Nutrition: vitamins and minerals*, looks at the two main groups of vitamins: the fat-soluble vitamins, A, D, E and K; and the water-soluble vitamins, the B group and vitamin C. It also examines the major mineral elements, and the importance of fluid balance in the body.

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