

INTRODUCTION

Vitamins are accessory food factors required in the diet. They are classified as fat soluble (A, D, E and K) and water soluble (B group and C). Deficiency of vitamins leads to many diseases.

Nucleic acids are the polymers of nucleotides which in turn consist of a base, a pentose sugar and phosphate moiety. Nucleic acids are responsible for the transfer of characters from parents to offsprings. There are two types of nucleic acids DNA and RNA. DNA contains a five carbon sugar molecule called 2-deoxyribose whereas RNA contains ribose. Both DNA and RNA contain adenine, guanine and cytosine. The fourth base is thymine in DNA and uracil in RNA. The structure of DNA is a double strand whereas RNA is a single strand molecule. DNA is the chemical basis of heredity and have the coded message for proteins to be synthesised in the cell. There are three types of RNA — mRNA, rRNA and tRNA which actually carry out the protein synthesis in the cell.

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