**Vitamin and Mineral Information and Deficiency Diseases**

Vitamin Deficiencies:

*Vitamin A—Hypovitaminosis A:* <http://www.slideshare.net/claiddin/vitamin-a-39881139> Good slide show about Vitamin A—one picture of a child with xerophthalmia (blindness caused by Vit. A deficiency.) Many other diseases caused by deficiency.

*Vitamin D—rickets or osteomalacia:* <http://www.thachers.org/rickets_photos.htm> photos of children in Nigeria with rickets. If you scroll down, there are “before and after” photos of two children with rickets, and after two years on calcium (Vitamin D and calcium need each other to work in the body—this is why milk is usually Vitamin D fortified).

*Vitamin E:* [*Vitamin E deficiency is rare in healthy people: there is no specific disease caused by lack of Vitamin E that is then reversed by taking Vitamin E. Signs of deficiency are red blood cell breakage and anemia, nerve degeneration, weakness, leg cramps*]

*Vitamin K—no name: deficiency results in hemorrhaging:* [Vitamin K](http://www.merckmanuals.com/home/disorders-of-nutrition/vitamins/vitamin-k) No images, but basic consumer information on vitamin K.

*Vitamin C—scurvy:* [Scurvy Images](http://www.sciencephoto.com/subject/Medicine%3A%20Diseases%20%26%20Ailments/disease%20-%20metabolic%2C%20systemic%20%26%20hormonal/scurvy) from Science Photo. [Scurvy Information](http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm)

*Folate:* [Folate](http://www.merckmanuals.com/home/disorders-of-nutrition/vitamins/folate) Merck, the drug company, information on Folate. [Spina Bifida Information Video](https://www.youtube.com/watch?v=6Ii_v3t9hpU) This is a set of 12 short videos from the Children’s Hospital of Philadelphia, the second video (where the link takes you) talks about what spina bifida is.

Mineral/Electrolyte deficiencies—no visuals

*Calcium (Ca)—osteoporosis—see also Vitamin D because they need each other to function.* [Calcium Information](http://www.nlm.nih.gov/medlineplus/ency/article/002412.htm)

*Iron (Fe)—iron deficiency anemia:* [Mayo Clinic Anemia information](http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/definition/con-20019327) or [CDC information on anemia](http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html)

*Potassium (K)—dehydration:* [Potassium Information](http://www.eatright.org/resource/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/potassium)

*Sodium (Na)—muscle cramps:* [Sodium Information](http://www.nlm.nih.gov/medlineplus/dietarysodium.html)

<http://mentalfloss.com/article/50697/4-diseases-caused-lack-essential-vitamins-and-minerals> Has a few pictures and the history of rickets, scurvy, pellagra and beriberi--at

least one picture for each.