



Handbook of Vitamins, Fifth Edition

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Within the last few years, knowledge about vitamins has increased dramatically, resulting in improved understanding of human requirements for many vitamins. This new edition of a bestseller presents comprehensive summaries that analyze the chemical, physiological, and nutritional relationships, as well as highlight newly identified functions, for all recognized vitamins. These include vitamins A, D, K, E, B₆, B₁₂, niacin, riboflavin, thiamine, pantothenic acid, biotin, folate, choline, and ascorbic acid.

Keeping the tradition of the previous volumes, the **Handbook of Vitamins, Fifth Edition** provides an updated, contemporary perspective on vitamins in human nutrition. Bringing together leading experts in molecular biology, biochemistry, and physiology, the book contains substantial revisions in every chapter, covering vitamin metabolism, including human requirements, clinical aspects of deficiency, vitamin-dependant cell signals and gene regulation, and roles as coenzymes.

The chapter on epigenetics has been updated and expanded to include novel findings about vitamins not previously considered in studies of nutrient-dependent epigenome modification. The book also contains a new chapter on genome stability, highlighting current understanding of vitamin–genome interactions in the evolution of the human genome and the functional consequences of human genetic variation. Maintaining its status as a high-quality reference, this **handbook** incorporates new discoveries into an updated and revised fifth edition.

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Samuel Rascon:

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