**Complete the table**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vitamin** | **Name and active form** | **Sources** | **Daily requirement** | **Role** | **Role in oral health** | **Overdose / hypervitaminosis** | **Vitamin deficiency** |
| **Fat soluble** | | | | | | | |
| A |  |  |  |  |  |  |  |
| D |  |  |  |  |  |  |  |
| E |  |  |  |  |  |  |  |
| K |  |  |  |  |  |  |  |
| **Water soluble** | | | | | | | |
| B1 |  |  |  |  |  |  |  |
| B2 |  |  |  |  |  |  |  |
| B3 |  |  |  |  |  |  |  |
| B5 |  |  |  |  |  |  |  |
| B6 |  |  |  |  |  |  |  |
| B7 |  |  |  |  |  |  |  |
| B9 |  |  |  |  |  |  |  |
| B12 |  |  |  |  |  |  |  |
| C |  |  |  |  |  |  |  |