18/MHS06/013

1. Coenzymes are non-protein compounds that are necessary for the function of an enzyme.
2. Differences between fat-soluble and water-soluble vitamins include:
3. Fat-soluble vitamins are not soluble in water

Water-soluble vitamins are soluble in water

1. Fat soluble vitamins are soluble in fat

Water-soluble vitamins are not soluble in fat

1. Fat-soluble vitamins have carrier proteins present

Water-soluble vitamins do not have carrier proteins

1. Fat-soluble vitamins are stored in the liver

Water-soluble vitamins have no storage

1. Fat-soluble vitamins require heavy doses of treatment to prevent deficiency

Water-soluble vitamins require dietary treatment

1. Niacin (Vitamin B3) coenzymes degrade carbohydrates, fats, proteins and alcohols and synthesizes fatty acids and cholesterol. They also play a role in cell signalling. Niacin also helps the body make fat sex- and stress related hormones and improves cholesterol and circulation levels.