

18/MHS06/009

1a. Non-protein organic cofactors are called coenzymes.

b. **Vitamins** are classified as either **fat soluble**(**vitamins A, D, E and K**) or **water soluble**(**vitamins B and C**). This **difference between** the two groups is very important. It determines how each **vitamin** acts within the body. The **fat soluble vitamins** are **soluble** in lipids (**fats**)

c. **Niacin**, also known as vitamin B3, is an important nutrient. In fact, every part of your **body** needs it to function properly. As a supplement, **niacin** may help lower cholesterol, ease arthritis and boost brain function, among other benefits. However, it can also cause serious side effects if you take large doses.