1. Coenzymes are small molecules. They cannot by themselves catalyze a reaction but they can help enzymes to do so. In technical terms, coenzymes are organic nonprotein molecules that bind with the protein molecule (apoenzyme) to form the active enzyme (holoenzyme).
2. **Fat**-**soluble vitamins** are found in high-fat food sources like egg yolks, liver, beef, fatty fish, and dairy products. Unlike **water**-**soluble vitamins**, any excess of **fat**-**soluble vitamins** don't immediately leave the body. Instead, they're stored in the liver or fatty tissue for later use. a **water-soluble vitamin** is one that dissolves in water and as a result, is easily absorbed into the tissues of the body and metabolized more quickly than **fat-soluble vitamins**.
3. **Niacin** is **a coenzyme**, like thiamine and riboflavin, that is responsible for energy release from carbohydrates. **A niacin** deficiency can lead to pellagra, **a** disabling disease with symptoms that may be characterized by four “Ds”: depression, diarrhea, delirium and dementia.