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1a what are coenzymes?

They are molecules that provide the transfer site for biochemical reaction catalyzed by the enzyme

b. Differentiate between fat and water soluble vitamins

|  |  |
| --- | --- |
| Fat soluble vitamins | Water soluble vitamins |
| 1. Its hydrophobic
 | 1. Its hydrophilic
 |
| 1. Excess intake tends to be stored in fats
 | 2. Excess intake is usually detected and excreted by the kidney |
| 1. It consists of vitamins A,D,E,K
 | 3. It consists of vitamins B,C |
| 1. It has a high risk of toxicity
 | 1. It has a low risk of toxicity
 |

c. Describe niacin in relation to its coenzymic function

Niacin contributes to the normal function of the nervous system and physiological function. It also contributes to the reduction of tiredness and fatigue.