



28. Which of the vitamins given below is water soluble?

- (1) Vitamin C (2) Vitamin D (3) Vitamin E (4) Vitamin K

Answer:

Water-soluble vitamins dissolve in water and are not stored by the body. Since they are eliminated in urine, we require a continuous daily supply in our diet. The water-soluble vitamins include the vitamin B-complex group and **vitamin C**

Fat-soluble vitamins — vitamins A, D, E and K — dissolve in fat before they are absorbed in the bloodstream to carry out their functions. Excesses of these vitamins are stored in the liver, and are not needed every day in the diet.

Correct option is (1) Vitamin C