

### EXPERT STANCE :

Vitamin/Mineral	Daily intake recommendation	What they affect	Where to find them
Vitamin A	700 mcg	Skin, bones, vision, hair	liver, carrot, sweet potato
Vitamin D	15 mcg	bones, immune system	Fatty fishes (catfish, salmon...) egg
Vitamin E	15 mg	skin, vision, hair	Wheat germ oil, sunflower seeds.
Vitamin K	60 mcg	bones, blood immune system, skin, teeth, hair	spinach, kale, broccoli
Vitamin C	75 mg	Nervous system, brain	Guavas, red pepper, broccoli
Choline	425 mg	energy, heart, muscles	egg, beef, cauliflower
Thiamin (B1)	1-1.1 mg	body growth, energy, hair	egg, legumes, whole grains
Riboflavin (B2)	1.1 mg	digestive system, skin, energy	Dairy, eggs, greens
Niacin (B3)	14 mg	skin, energy	Dairy, eggs, fish
Pantothenic Acid	5 mg	nerve, break down protein, hair	Mushrooms, cauliflower, broccoli
Vitamin B6	1.3 - 1.7 mg	tissue growth, hair	avocado, banana, legumes
Folic Acid/Folate	400 mcg	metabolism, hair	dark greens, legumes, citrus fruits
Vitamin B12	2.4 mcg	hair, nail, skin	eggs, soymilk, poultry
Biotin	no more than 30 mcg		tomatoes, romaine lettuce, carrots

### DIC ACTIVITIES FOR THIS MONTH

#### World Breast feeding week August 1- 7



World Breastfeeding Week was celebrated on 1<sup>st</sup> August to 7<sup>th</sup> August to encourage breastfeeding and improve the health of babies around the world.

#### World Pharmacist Day September 25

The theme of this year's World Pharmacists Day, held on September 25, is "Safe and effective medicines for all," according to the International Pharmaceutical Federation (FIP). The theme aims to highlight the key role that pharmacists play in protecting patient safety through improved medicine use and reduced medication errors.



#### Sports Eye Safety Month- September



September was Sports Eye Safety Awareness Month. Prevent Blindness America has dedicated September as Sports Eye Safety Awareness Month to educate the public on the necessary steps to help keep eyes healthy for life.

# PHARMA NEXUS NEWS LETTER

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#### VISION

To establish as a centre of excellence in education, research, innovation, training, and entrepreneurship in pharmaceutical science through systematic and relentless approach.

#### MISSION

To educate and train the students in the knowledge and practice of pharmaceutical science by providing motivation learning, research and professional attitude for serving the society globalist through systematic and relentless approach without compromising on ethics and quality.



