

Vitamin deficiencies and their possible role in the development of anemia

Vitamin deficiency	Possible role in anaemia
Vitamin A	Impaired mobilisation of iron stores Impaired erythropoiesis Increased susceptibility to infection
Folic acid	Impaired DNA synthesis, leading to ineffective erythropoiesis
Vitamin B ₁₂	Impaired metabolism of folate, leading to ineffective erythropoiesis
Riboflavin	Impaired iron mobilisation Impaired globin production, leading to impaired erythropoiesis Reduced intestinal absorptive capacity
Vitamin C	Reduced absorption of iron Reduced mobilisation of iron from stores Impaired folate metabolism Oxidant damage to erythrocytes, leading to hemolysis Capillary haemorrhaging, leading to blood loss
Vitamin E	Oxidant damage to erythrocytes, leading to haemolysis
Vitamin B ₆	Impaired haeme synthesis, leading to impaired erythropoiesis