7.3: Water Soluble Vitamins

Nine vitamins are considered water soluble, including: vitamin C and all of the B vitamins (Riboflavin, Niacin, Thiamin, B₆, Folate, B₁₂, Pantothenic Acid and Biotin). In contrast to the four Fat-Soluble Vitamins, Water-soluble vitamins dissolve easily in water and, in general, are readily excreted from the body, to the degree that urinary output is a strong predictor of vitamin consumption. Because they are not as readily stored, more consistent intake is important. Many types of water-soluble vitamins are synthesized by bacteria.

- Topic hierarchy