

VİTAMİN İLAÇLARI VE BİTKİSEL ÜRÜN ZEHİRLENMELERİ

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Giriş

Vitaminler insanlar tarafından sentezlenemeyen ancak metabolizma için gerekli olan bir takım kimyasal bileşiklerdir. D vitamini vücutta sentezlenebilen tek vitamin olarak bu kural dışındadır. K vitamini ise barsakta bulunan bakteriler tarafından sentezlenebilir. Vitaminler genel olarak suda eriyen ve yağda eriyenler olarak iki kategoriye ayrılır (1).

Vitaminler zehirlenmelerden daha sık eksiklerine bağlı olarak klinikte karşılaşılmaktadır. Yağda eriyen vitaminler vücutta depolanabilmelerinden dolayı toksisite oluşturma potansiyelleri daha fazladır (2). Suda eriyen vitaminler ise sınırlı ölçüde depolanır ve genellikle idrarla atılırlar; bu nedenle toksisite oluşturma potansiyelleri çok daha azdır. Günümüzde artan takviye besin ve ilaç alımları nedeni ile vitamin zehirlenmeleri ile karşılaşılabileceği akılda tutulmalıdır.

Vitamin A

Yağda çözünen önemli bir vitamin olan A vitamini daha aktif form olan retinoller ile daha az aktif formu olan beta karotenler (provitamin A) şeklinde iki ana forma ayrılabilir. Provitamin A daha daha çok bitkisel kaynaklı ürünlerde bulunmaktadır ve toksisite oluşturma oranı düşüktür. Vücutta bulunan toplam A vitamininin % 50-85 kadarı karaciğerde depolanmaktadır (3).

A vitamini zehirlenmesi akut, kronik ve teratojenik olarak üçe ayrılabilir. Karaciğerin A vitamini depolama kapasitesi oldukça yüksek olması nedeni ile

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