

Effect of Vitamin A and Vitamin C on Physiological Parameters of Males in Age Group 18 To 25 Years

Pooja Johri and Anuradha Lehri

Abstract

Aim: Effect of Vitamin A and Vitamin C on Physiological Parameters of Males in Age Group 18 To 25 Years. **Method:** 50 vitamin deficient males in the age group 18 to 25 years of age group were studied. The subjects were given recommended dose of the vitamins in the form of carrots and tomatoes daily and their physiological status was observed in terms of the following parameters: BMI, Blood Pressure, Weight and Hemoglobin over a period of forty days. **Results:** There was no significant change in BMI, Blood Pressure and weight after supplementation of vitamins. Vitamin supplementation however, increased significantly the hemoglobin content in these individuals. **Conclusion:** it was conclude that vitamin A and Vitamin C have no effect on BMI, Blood Pressure and weight but there is an increase in hemoglobin.

Pooja Johri

PhD Scholar
Department of Sports Science
Punjabi University, Patiala (India)
E-mail: johri_pooja@yahoo.com

Anuradha Lehri

Assistant Professor
Department of Sports Science
Punjabi University, Patiala (India)

Key Words: Vitamin A, Vitamin C, BMI, Hemoglobin

DOI: 10.18376/jesp/2017/v13/i2/111284