

Vitamine bei chronischen Entzündungskrankheiten

Tetrahydrofolsäure, Vitamin B12, B-Vitamine, Nicotinsäure, Niacin, Vitamin D3, (K2), Vitamin E

Wasserlösliche Vitamine, z.B.:

Tetrahydrofolsäure, Vitamin B12, B-Vitamine, Nicotinsäure, Niacin

Fettlösliche Vitamine, z.B.:

Vitamin D, Vitamin E, Vitamin K

Fettlösliche Vitamine kumulieren im Fettgewebe. Sie können überdosiert werden.

Tetrahydrofolsäure, Vitamin B12, B-Vitamine, Nicotinsäure, Niacin

Wirk-Orte: Methylcyclus <http://www.xerlebnishaft.de/bildmethyl-arginin.pdf>

[Mallat J](#), [Lemyze M](#), [Thevenin D](#) (2016) **Do not forget to give thiamine to your septic shock patient!** *J Thorac Dis.* 8(6), 1062–1066. doi: [10.21037/jtd.2016.04.32](https://doi.org/10.21037/jtd.2016.04.32) PMID: PMC4885988
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4885988/>

Vitamin C

Wirk-Orte: Siehe unter „Vitamin C“. Saurer als Essig, Radikalfänger, wenn nicht deutlich überdosiert wurde. Essentiell zur Synthese von Kollagen über Aminosäure Prolin:
<http://www.kabilahsystems.de/biogeneamineundpeptide.pdf>

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Vitamin D3

Vitamin D3 ist ein Hormon.

Wirk-Orte: Darm (Calcium-Resorption), Knochen (Mangel: Rachitis), Niere (Calcium-Rückresorption).

Wirkweisen: immunmodulatorisch, entzündungshemmend, schmerzlindernd, psychisch aufhellend

Vitamin D Mangel: Nicht Ursache, sondern ein Symptom chronischer Entzündungs-Prozesse.

Nagalase = Vitamin D bindender Faktor in einem Wirtsorganismus.

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Vitamin K2, Menachinon (MK-n)

Bis zu 50 % des vom Körper benötigten Vitamin K₂ werden von einer physiologischen Darmflora synthetisiert werden. Der Rest kann über grüne Pflanzen aufgenommen werden. Die Menachinon-Synthese im Darm kann durch operative Entfernung von Darmabschnitten, chronisch-entzündliche Darmerkrankungen, Zöliakie, andere Darm-Erkrankungen und durch die Therapie mit Antibiotika, wie Cephalosporinen, Ampicillin und Tetracyclinen erheblich beeinträchtigt werden. Alle Vitamin K Varianten werden in der Leber gespeichert.

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Vitamin E

Vitamin E- Mangel entsteht erst bei Malabsorption von Pflanzennahrung, durch konsumierende Erkrankungen (chronisch verlaufenden, **multisystemischen Entzündungsreaktionen**, durch infiltrierende und destruierende Neubildungen [**Karzinome, Sarkome**]), durch **Immundefizienz**.

Wirkorte: Neuromuskuläres System.

Wirkweisen: Proteinsynthese-Regulation, Entzündungs- und Thrombosehemmung, Membran-Stabilisierend, Abfangen von freien Radikalen.

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