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Title

The intakes of vitamins and these nutritional status in Crohn's disease patients – The contents of vitamins in blood and urine-

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Abstract

We evaluated the nutritional status of 10 kinds of vitamins (except for vitamins A, D, and K) through the simultaneous investigation of the intakes of vitamins and the concentrations of blood and the urinary excretion of vitamins in Crohn's disease patients. The food intake was lower in the Crohn's disease patients than in healthy control. The fat energy ratio increased according to increasing normal food intake. Judging from the concentrations of the blood vitamins, vitamin B₆ and folates would be deficient, and vitamin B₂, vitamin B₁₂, vitamin C, and niacin would be insufficient. The result indicates that insufficient B-group vitamins might associate with inflammation.

Key words

Crohn's disease, water-soluble vitamins, blood, serum, urine,