

Which Vitamin cannot be stored by the body?

- A. Vitamin A
 - B. Vitamin B
 - C. Vitamin C**
 - D. Vitamin D
-

Water-Soluble vitamin

B-complex **vitamins** and **vitamin C** are water-soluble **vitamins** that are not **stored in the body** and must be consumed each day. **Vitamin C**, also known as ascorbic acid, is a water-soluble **vitamin**, which means it **cannot be stored in the body** and we must take it from dietary sources. These **vitamins** can be easily destroyed or washed out during food **storage** and preparation.

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Which Vitamin cannot be stored in a body?

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