



Which vitamins promote healthy functioning of eyes in human beings?

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- A. Vitamin C
- B. Vitamin D
- C. Vitamin E
- D. Vitamin A

Show Answer...

Correct Answer: D (Vitamin A)

Explanation:

Vitamin A is essential for promoting healthy eyesight and maintaining proper eye function. It plays a vital role in the formation of rhodopsin, which is a protein in the retina that helps detect light. It also helps prevent night blindness, dry eyes, and other eye-related problems. Some other vitamins, such as Vitamin C and Vitamin E, also have antioxidant properties that can help prevent age-related eye diseases, but Vitamin A is the most important vitamin for maintaining healthy eyesight. It is essential for the healthy functioning of the eyes in human beings. It plays a key role in maintaining good vision, particularly in low-light conditions. Vitamin A helps protect the cornea, which is the outermost layer of the eye and also helps to prevent night blindness, a condition in which a person has difficulty seeing in low-light conditions. Vitamin A is found in a variety of foods, including liver, carrots, sweet potatoes, spinach, and other leafy green vegetables. Vitamin B12 is important for maintaining healthy nerve cells and red blood cells, but it does not play a significant role in eye health.

Vitamin C is important for maintaining healthy skin, bones, and teeth, and is also an antioxidant that can help protect cells from damage. While it is important for overall health, it does not play a significant role in eye health.

Vitamin D is important for maintaining healthy bones and teeth, and also plays a role in immune system function. While it is important for overall health, it does



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not play a significant role in eye health.

Overall, Vitamin A is the most important vitamin for maintaining healthy eyes in human beings.