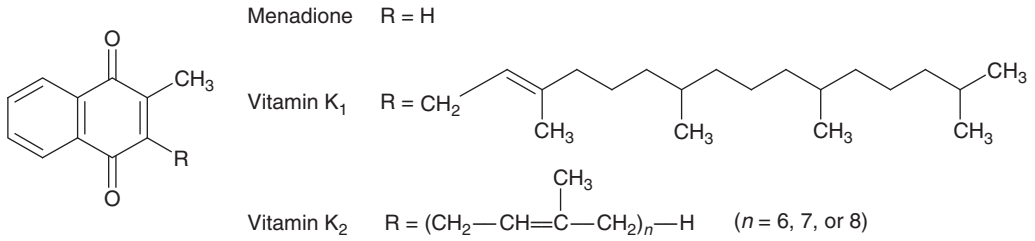

Figure 8-8 Vitamin K is built up from the core structure of menadione.

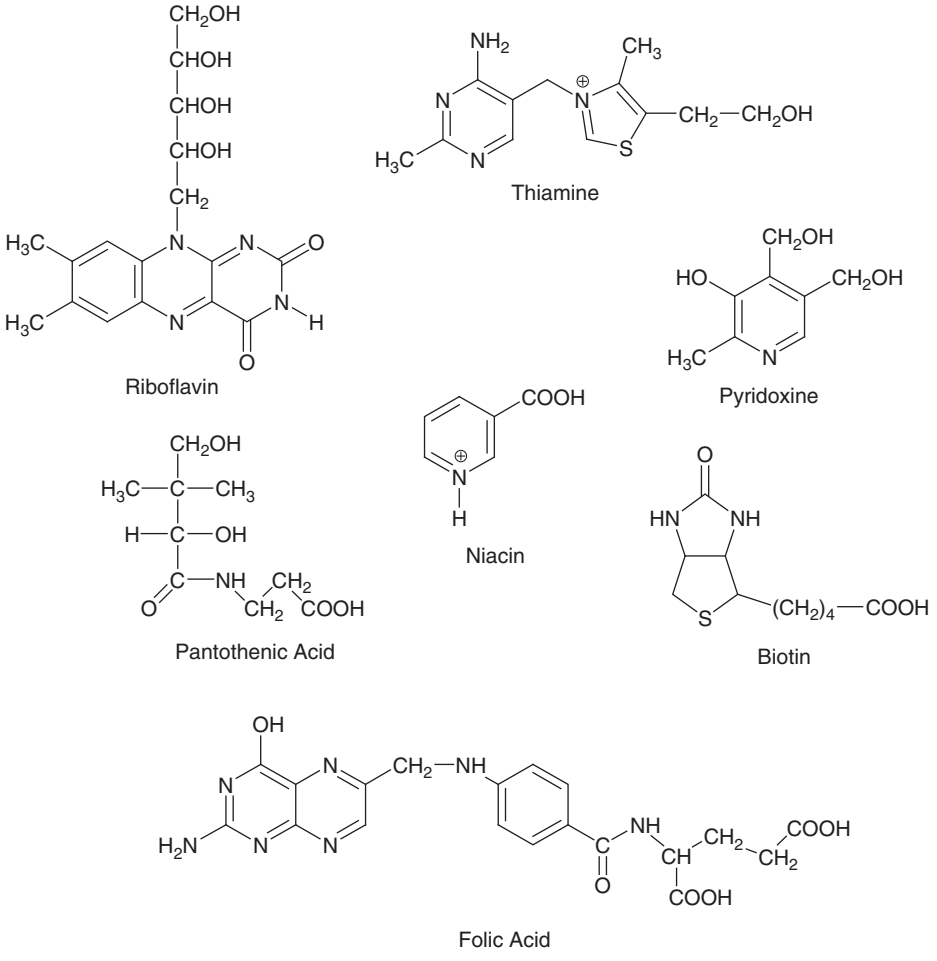

Figure 8-9 Structures of several of the B-complex vitamins (see Figure 13-9 for the more complicated structure of vitamin B_{12}).

Thiamine is found in meat, yeast, whole grains, and nuts. It is involved in decarboxylation reactions and the transfer of acyl groups. Thiamine pyrophosphate (TPP) is the corresponding activated cofactor.

Riboflavin serves as a cofactor in numerous biochemical redox reactions, where its ability to accept and donate electrons one at a time is quite valuable. Dietary sources of riboflavin include meat, nuts, and legumes. The chemistry of riboflavin is discussed later in this chapter.

Niacin is processed by the body into nicotinamide adenine dinucleotide; its role in biochemical redox is also discussed later. As with riboflavin, dietary sources of niacin include meat, nuts and legumes.

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