

there are 13 different types of vitamins in nature for instance vitamin a vitamin b vitamin c vitamin D .All of these vitamins are necessary for our body the most important vitamins are vitamin d and vitamin B s1 and s5 all agree that vitamin D and vitamin are present in food and dietary supplements according to s1 vitamin D is considered a fat-soluble vitamin while vitamin B is classified as a water-soluble vitamin s5 in order to show the differences between vitamin d and vitamin B, It is crucial to compare the sources advantages and disadvantages