

CAPSTONE PROJECT SAMPLE

Introduction

Vitamin B12 is also referred to as cobalamin and it identifies a water-soluble vitamin utilized within the normal neurological function together with the development of the red blood cells. B12 is also identified as a cofactor within two metabolic pathways as it is utilized within the conversion of homocysteine together with methionine and within the conversion of methylmalonic acid (MMA) to succinyl-CoA (Alemras et al. 2007). The main sources of B12 include animal products such as meat, poultry, fish and milk; fortified foods including breakfast cereal together with B12 supplements. The recommended allowance does not incorporate a tolerable upper intake limit, as there is limited research on the toxicity capacity and limited data supporting the stipulation of an upper limit. Vitamin B12 is vital as it comprises an important element in DNA synthesis and individual neurological functioning. This necessitates continuous intake of the vitamin to enhance the prevention of possible hematologic and neuropsychiatric disorders upon lack of continued intake of the vitamin.

Through the analysis of the American and European intake of the vitamin, the intake levels identified meet the stipulated recommended daily allowance. However, keenness has to be observed regarding the absorption levels to ensure that individuals meet the required levels. This is particularly vital for vegetarians, as they do not consume animal products, which create the bulk of Vitamin B12 sources. In addition, individuals under any forms of medication, gastrointestinal patients, individuals over 50 years of age and anyone experiencing poor bouts of health remain at risk of having low levels of Vitamin B12 within their systems. Lack of vitamin B12 is influenced by poor adherence of the dietary stipulations leads to the identification of vitamin B12 deficiency among individuals.

Sample Master Capstone Papers

R Barnett



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Sample Master Capstone Papers: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sample Master Capstone Papers : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample Master Capstone Papers : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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