

Distinguish, differentiate, compare and explain what is the Difference between Vitamins and Minerals. Comparison and Differences.

Different types of vitamins and minerals enable healthy body function, such as cell and tissue repair, production of cells, and healthy brain function. Your body doesn't produce these vitamins and minerals on its own, and while you can get most of these from a supplement, your body reacts better when they come from food.

Difference between Vitamins and Minerals

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S.No.	Vitamins	Minerals
1	Organic substances	Inorganic elements
2	Extracted from plants and animals.	Extracted from the soil and water.
3	Allow your body to grow and develop.	Important for making enzymes and hormones.
4	Vitamins are of two types fat-soluble and water-soluble.	Minerals are of two kinds of macro and trace.
5	Vitamins are nutrients which Human body needs.	Minerals help in strong bones to transmitting nerve impulses.