

URL: <https://www.getmosh.com.au/weight-loss/which-vitamins-are-fat-soluble>

Title Tag: Which Vitamins Are Fat Soluble | Mosh

Meta desc: Do you want to find out which vitamins are fat soluble? Have Mosh connect you to AHPRA-registered doctors who can explain in detail how vitamins affect you.

Which Vitamins Are Fat Soluble

There are so many factors to consider when it comes to health. Due to an overwhelming amount of information, there can be a lot of misconceptions about weight and how it should be maintained, including concerns over exercise routines, the right treatments, and even figuring out which vitamins are fat soluble.

At Mosh, our doctors can answer your questions by giving you science-backed, personalised advice to help you understand health and weight in a way that suits your unique condition and needs. They may also suggest weight loss treatments or meal replacement shakes if necessary.

Read on to find out which vitamins are fat soluble, their benefits, food sources, and more.

What are fat soluble vitamins?

For a quick refresher, vitamins are either soluble in fat or water. Fat soluble vitamins need dietary fats to be present to be absorbed by the body. On the other hand, water soluble vitamins are easily absorbed through and dissolved by water. Both have differences in storage and excretion.^[1]

What are some examples of fat soluble vitamins?

Fat-soluble vitamins are stored in the body's liver tissue and skeletal muscle for later use, while water soluble vitamins are not stored at all. Some examples of fat soluble vitamins are vitamins A, D, E, and K.^[2]

These are absorbed into the body through the lymphatic system and are stored in the body's fatty tissue. As each can be essential in many ways, it can also help you to know each vitamin function in the body.

Vitamin A, which forms a compound group called retinoids, can be found both in the body and in dietary sources like tomatoes and milk.^[3] This vitamin mainly serves its role in enhancing the immune system and vision and also helps with cell growth functions and organ care.^[4]

Vitamin D, known as the 'sunshine vitamin,' works with calcium to strengthen bones.^[5] It also has an immunologic function of helping with the natural and adaptive responses of the immune system.^[6]

Vitamin E protects cells against damaging loose electrons,^[7] while Vitamin K helps create proteins needed for developing bones and blood clotting.^[8] Both can also act in fighting the risks of several diseases, such as cancer.

When determining which vitamins are fat soluble, one must understand that as there are many functions and similarities to these vitamins, confusion can turn into clarity with the help of a doctor. Because people react and absorb such nutrients differently depending on their age and health condition,^[9] you may need advice that is suited to your situation.

An abundance of generic information on fats, including [how to lose fat](#), can be obtained online. Moreover, going to physical clinics may not fit your schedule; that's where Mosh can help you. Our services are 100% online, with Australian doctors giving customised advice to you in the same time zone you are in.

What are the benefits of fat soluble vitamins?

There are many benefits to taking vitamins, as they can help improve your overall health in a number of ways and functions. These compounds, which vitamins are fat soluble, can help enhance your cardiovascular health by reducing cholesterol levels and improving blood circulation.^[10]

As mentioned before, these vitamins can also help boost your immune system, making it easier for your body to fight off infections and diseases. Skin health may also improve because vitamins provide essential nutrients that keep your skin looking healthy and youthful.

However, it is important to know that compared to other types of vitamins, fat soluble ones cannot be excreted through the urinary tract,^[11] meaning that build-up can be a possibility. If your intake of these vitamins is proper, many organs in the body can benefit as their appropriate consumption not only leads to tissue maintenance but also helps with the normal functioning and growth of tissues.

Moreover, there are many ways to measure how a vitamin can be effectively utilised to help the body^[12] - this also differs from one person to another.

Consult your Mosh doctor about the quantity and methods of vitamin intake before taking any action.

If you want to learn more about vitamins because you're wondering [how to lose weight](#), you want to know [how is body fat calculated](#), or you just want to reduce some health risks, our doctors may prescribe you personalised treatments or programs that are backed by science.

Before receiving any medical recommendation on which vitamins are fat soluble, take a short quiz to help your Mosh doctor understand your situation more.

What are natural sources of fat soluble vitamins?

There are different natural sources of fat soluble vitamins. But it's best to consult your Mosh doctor about recommended intakes to avoid any inconveniences, such as build-ups and imbalances, before making big changes to your diet.

Aside from doctor-only-prescribed supplements for these vitamins, one can also obtain them from plant and animal dietary sources. Below is a list of some natural sources of fat soluble vitamins:

- Vitamin A - green leafy vegetables like spinach and kale as well as carrots, cantaloupe, and milk^[13]
- Vitamin D - tuna, egg yolk, mackerel, beef liver, and sunlight^[14]
- Vitamin E - avocado, mango, sunflower seeds, almonds, and pumpkin^[15]
- Vitamin K - fermented soybeans, fewer amounts in meats and eggs, canola oil^[16]

The intake of all vitamins varies depending on the size of the body, gender, and age,^[17] so an individual may have unique vitamin amount requirements to stay healthy. Aside from this, the evidence for megadosing and multivitamin effects is surrounded by a mix of good and bad results.

That is why Mosh helps you connect with AHPRA-registered doctors who can assist you in learning more about your health easily and accurately. If they recommend so, they can help you track your own progress via regular check-ups and unlimited doctor consultations – all based on your schedule.

Get the help you need when you need it

There are many benefits to knowing which vitamins are fat soluble. Taking vitamins can help improve your overall health in a number of ways, but because people react and absorb such nutrients differently according to their health condition and other biological factors, you may need advice that is suited to your situation.

With Mosh, you can consult doctors in the convenience of video calls and text messages and self-report your medical history. There's no more need to look up which vitamins are fat soluble, the best diets for weight loss, or other questions online. Consultations can help you understand how to get the most out of the nutrients you consume.

Should your doctor say that medications or other products like [meal replacement shakes](#) are necessary, your first order will be shipped within two to three days. The next deliveries will be made a few days before your supplies run out.

Since you may also have questions like '[What causes hair loss?](#)' and '[How to get rid of anxiety?](#)' or you may be unsure of where to start on other health concerns such as [stress management](#), you can take a free quick test so that your Mosh doctor can know how to further assist you.

Get to know your health and get better. Consult Mosh today.

References

- [1] <https://www.verywellhealth.com/fat-vs-water-soluble-998218>
- [2] <https://www.webmd.com/vitamins-and-supplements/fat-soluble-vitamins-vs-water-soluble-vitamins>
- [3] <https://www.hsph.harvard.edu/nutritionsource/vitamin-a/>
- [4] <https://www.webmd.com/vitamins-and-supplements/fat-soluble-vitamins-vs-water-soluble-vitamins>
- [5] <https://www.medicalnewstoday.com/articles/320310>
- [6] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>
- [7] <https://www.hsph.harvard.edu/nutritionsource/vitamin-e/>
- [8] <https://www.hsph.harvard.edu/nutritionsource/vitamin-k/>
- [9] https://www.canr.msu.edu/news/are_you_absorbing_the_nutrients_you_eat
- [10] <https://www.veinclinics.com/blog/make-sure-have-these-vitamins-to-keep-veins-healthy>
- [11] <https://www.insider.com/guides/health/diet-nutrition/fat-soluble-vitamins>
- [12] <https://www.webmd.com/diet/how-to-evaluate-vitamins-supplements>
- [13] <https://www.medicalnewstoday.com/articles/320310>
- [14] <https://www.webmd.com/food-recipes/guide/calcium-vitamin-d-foods>
- [15] <https://www.hsph.harvard.edu/nutritionsource/vitamin-e/>
- [16] <https://www.hsph.harvard.edu/nutritionsource/vitamin-k/>
- [17] <https://pubmed.ncbi.nlm.nih.gov/11324234/>