

Anti-vitamin factors

Description

Anti-vitamin factors are a group of compounds having an anti-vitamin activity. They include (Tacon, 1997):

- Anti-vitamin A destroys carotene
- Anti-vitamin D interferes with calcium and phosphorus absorption
- Anti-vitamin E causes liver necrosis and muscular dystrophy
- Anti-thiamine factor (thiaminase) causes deficiencies in vitamin B₁
- Anti-pyridoxine
- Anti-vitamin B₁₂

Occurrences

Anti-vitamin factors are present in many plants used in fish feeds.

Treatment

They are heat-labile and are readily destroyed by heat treatment. Some of them can also be removed by water extraction (Tacon, 1997 – Francis *et al.*, 2001).