

**Konstantinos Gerasimidis introduction: transcript**

Hello. My name is Konstantinos Gerasimidis, and I am a professor of clinical nutrition at the University of Glasgow. Over the next few steps, you will learn about vitamin requirements, basic physiology and the key role vitamins have in health and disease. I will also highlight some of the challenges in identifying the evidence base and the potential risk of both under and over supplementation. I will close my presentation with the key conclusions and recommendations for practice in the neonatal intensive care unit.