

How much do you
know about **the**
importance of
vitamins?



**Keeps the eyes
healthy.**



**Keeps the nerves
healthy.**



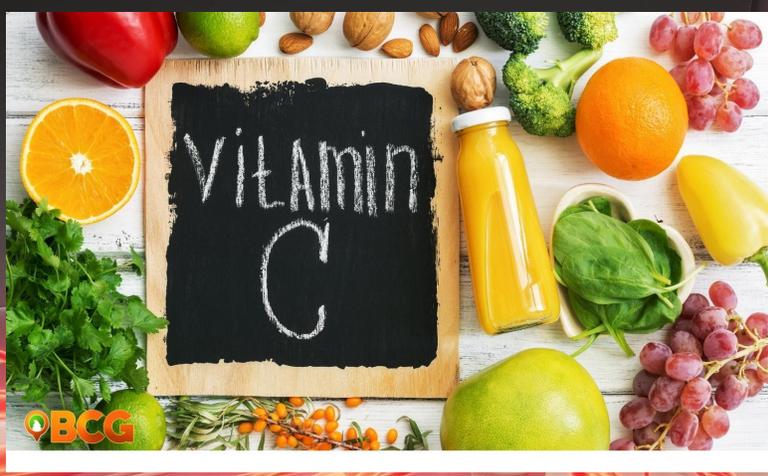
Keeps **the skin**
healthy.



Keeps **the skin** healthy.



**Keeps the gums
healthy.**



Keeps the blood vessels
healthy.



Keeps

The skin

healthy

**The Blood
vessels**

**The
Gums**

Healthy

**The
nerves**

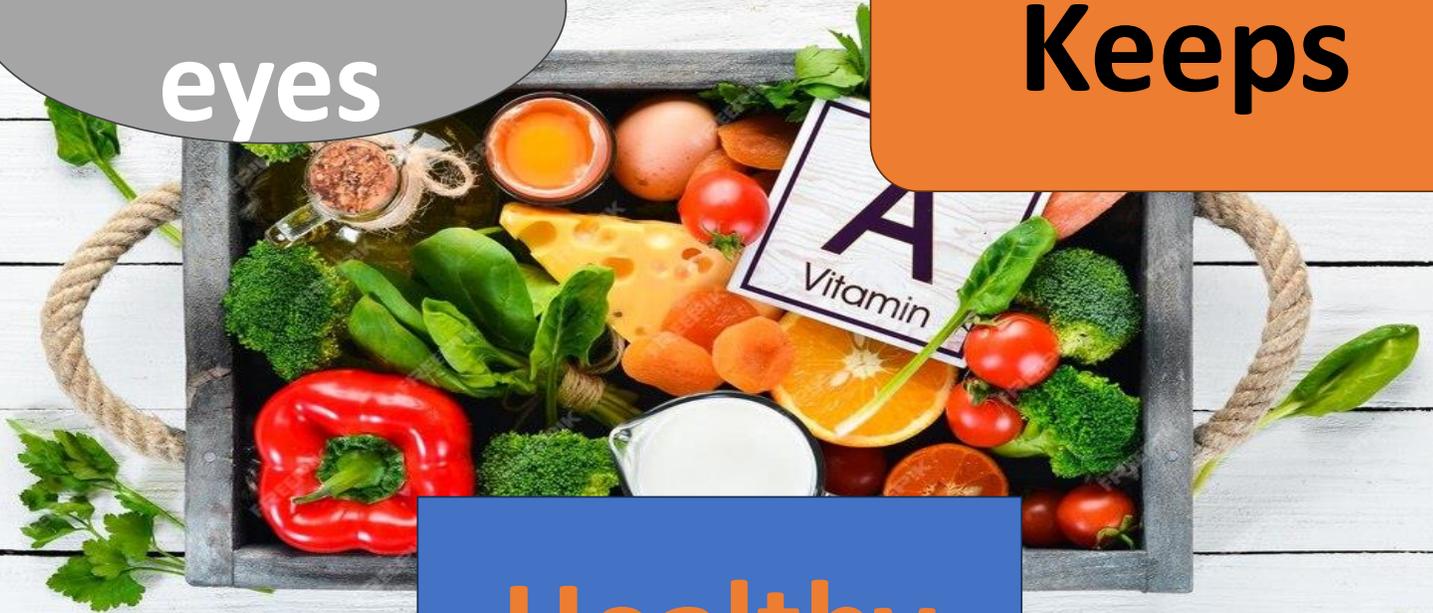
Keeps



The
eyes

Keeps

Healthy





The skin

Keeps

Healthy

What vitamins do you need and why?



dreamstime.com

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