

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



**Keeps the eyes
healthy.**



**Keeps the nerves
healthy.**



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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**

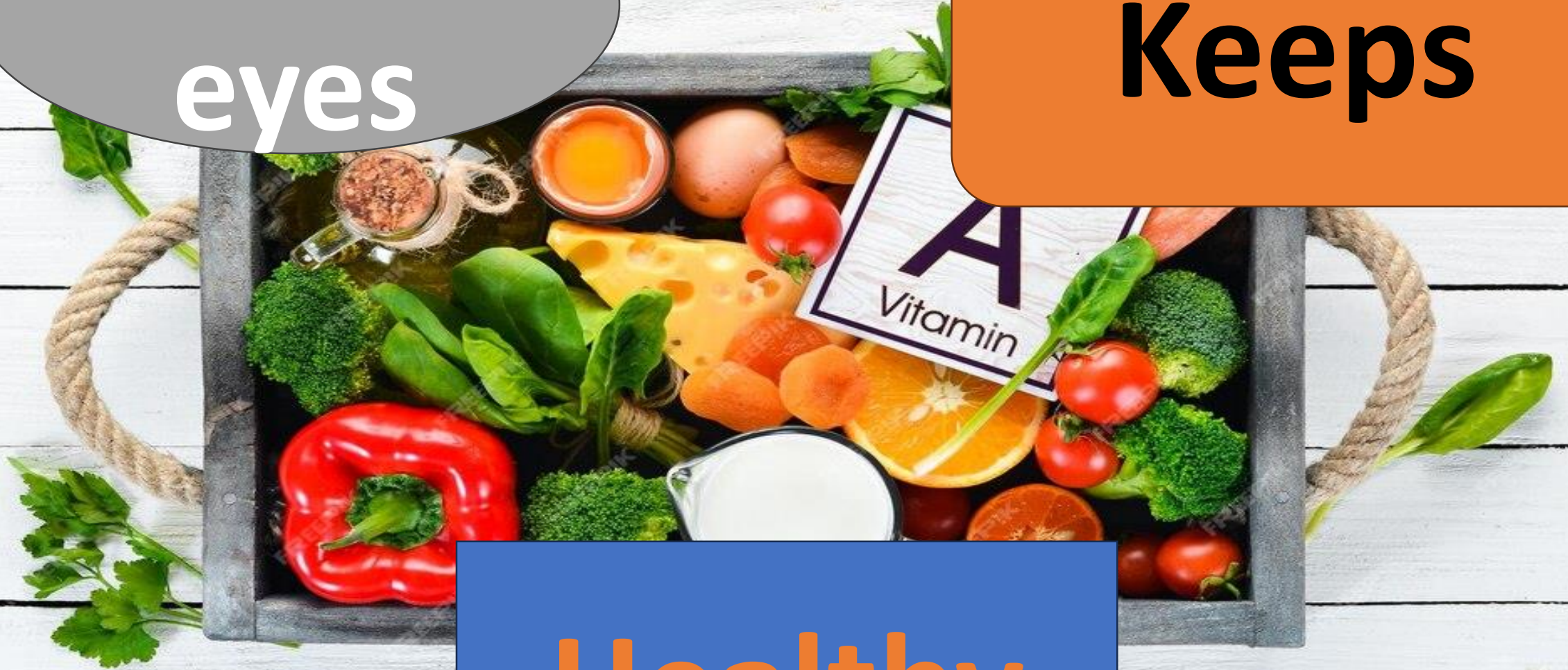
Keeps



The
eyes

Keeps

Healthy





The skin

Keeps

Healthy



What vitamins do you need and why?

D2



Vitamins

**How much do you
know about
vitamin
deficiency?**



**Lack of
vitamin A**

Can lead to



**Eye
problem**



**Lack of
Vitamin C**



**Skin
problems**

Can lead to



**Lack of
vitamin c**

Can lead to



**Bleeding
gum**



Can lead to

Lack of
vitamin c

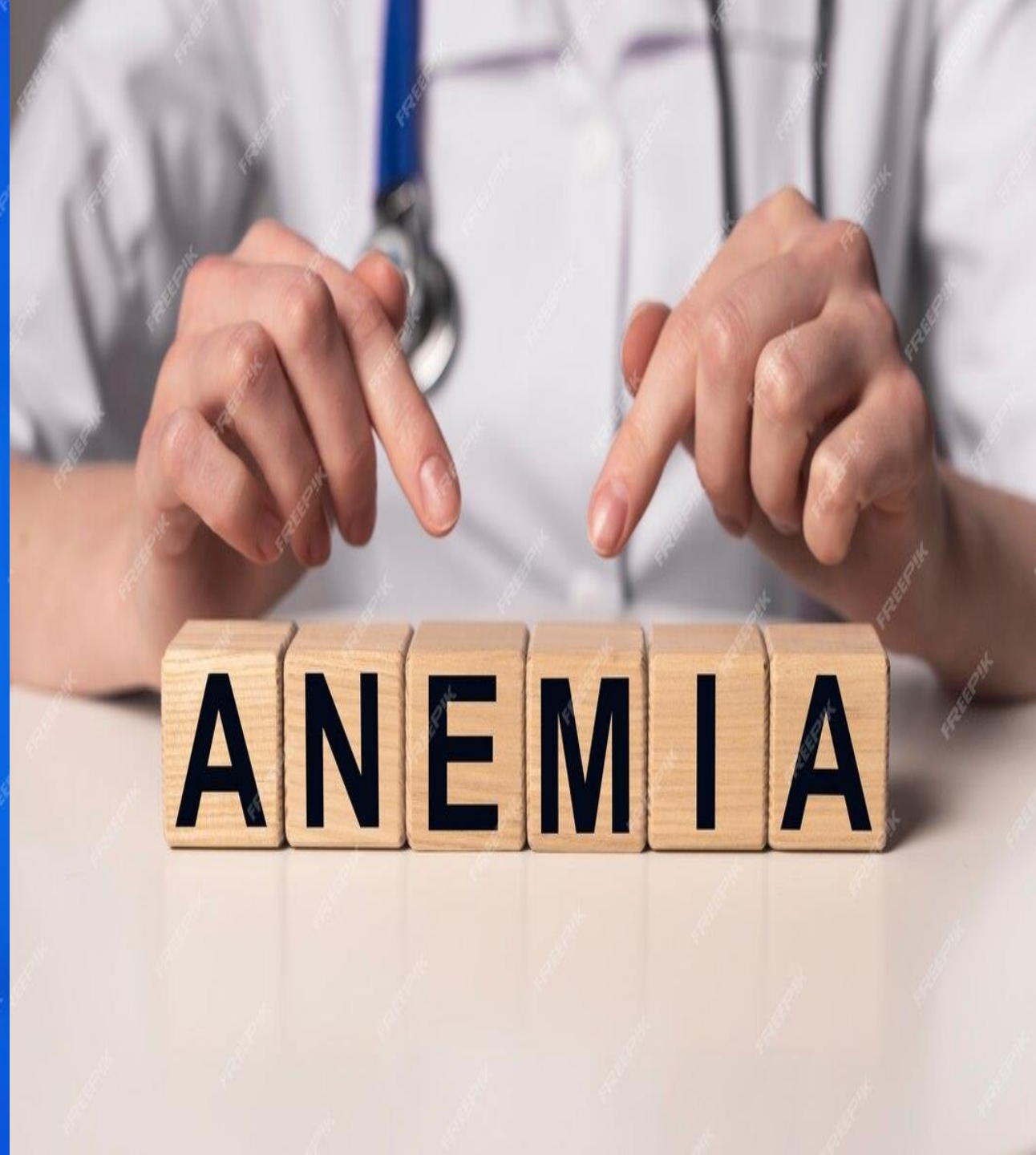


Bruises

Can lead to



**Lack of
vitamin B**



A man with a beard is sitting on a teal sofa, resting his head on his hand. He appears to be tired or weak. The background is a bright orange wall. There is a green plant on the left and a patterned pillow on the right. Two text boxes are overlaid on the image: a grey one at the top and a blue one at the bottom.

Anemia

Feeling tired or weak



**Lack of
vitamin k**

Can lead to



**Blood
problems**



**Lack of
vitamin D**

Can lead to



**Bone
problems**



**Skin and gum
problems**

**Lack of
vitamin c**

Can lead to

A collage of food items including salmon, eggs, cheese, and a chalkboard with the letter 'D'. The background is a dark, textured surface. The text is overlaid on two colored boxes: a yellow one at the top and a blue one at the bottom.

Lack of vitamin**D**

Can lead to **Bone**
problems



Lack of **vitamin k**

**Can lead to blood
problems**

Lack of vitamin B



Can lead to anemia



Lack of **vitamin A**

Can lead to **eye**
problems