



Vitamins

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



**Lack of
vitamin A**



**Eye
problem**

Can lead to



**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

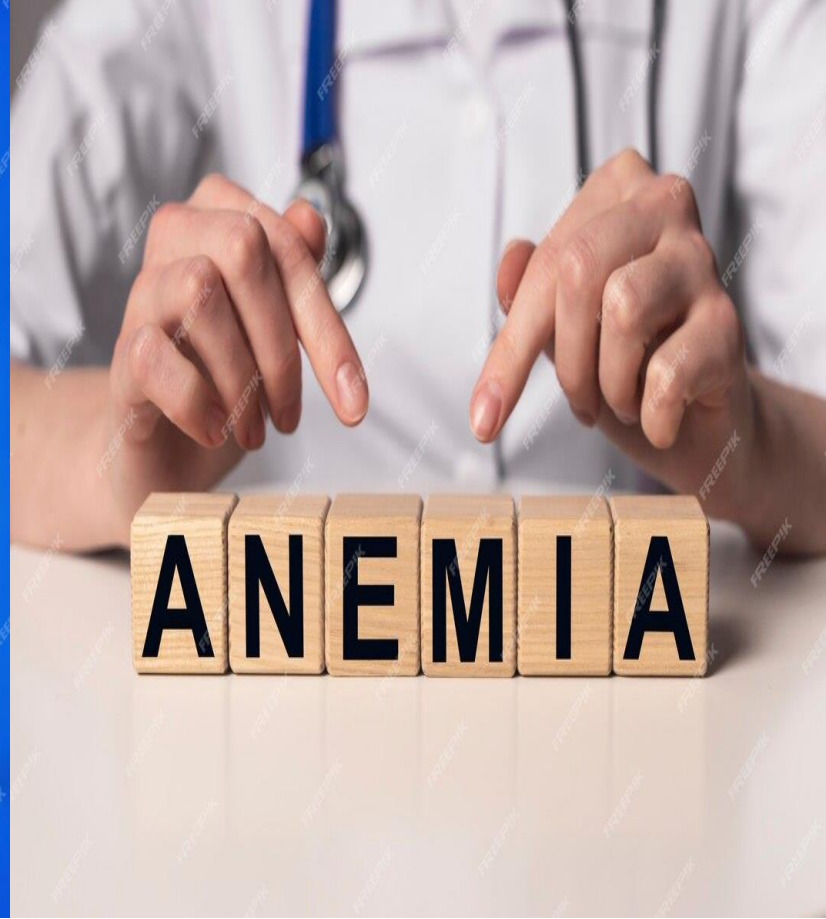


Bruises

Can lead to



**Lack of
vitamin B**



A man with a beard, wearing a white t-shirt and a watch, is sitting on a green sofa. He has his head resting on his hand, looking down with a tired expression. 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 in the middle.

Anemia

Feeling tired or weak



**Lack of
vitamin k**



**Blood
problems**

Can lead to



**Lack of
vitamin D**



**Bone
problems**

Can lead to



**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 below it.

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