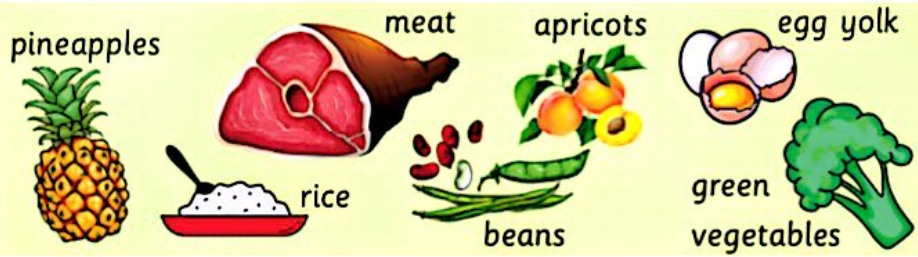


Vitamins

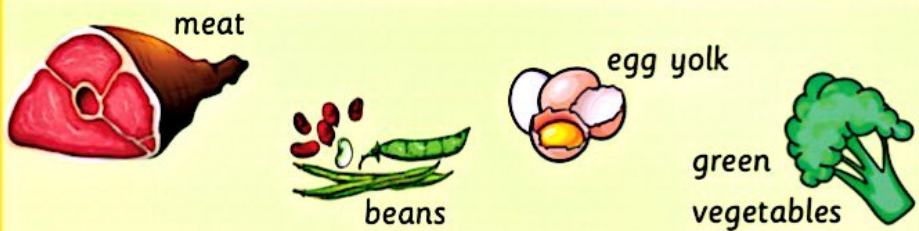
A



B1



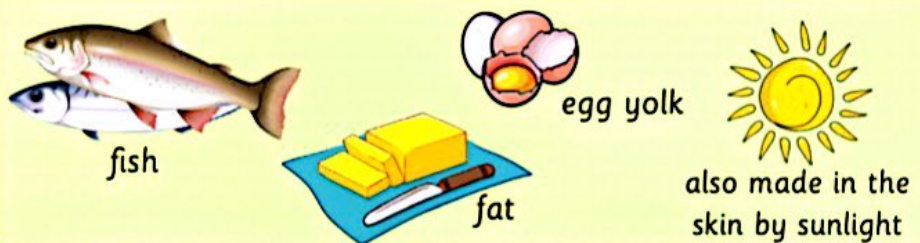
B2



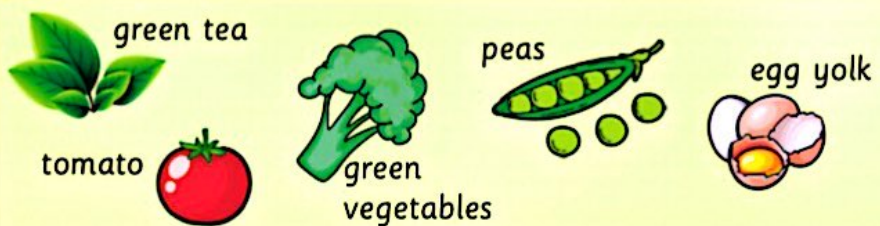
C



D




K



 Vitamin A keeps the eyes healthy.


Vitamin deficiency

 Lack of vitamin A can lead to eye problems.




 Vitamin B1 keeps the nerves healthy.


Vitamin deficiency

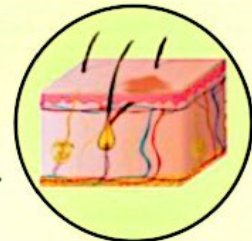
 Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.




 Vitamin B2 keeps the skin healthy.


Vitamin deficiency

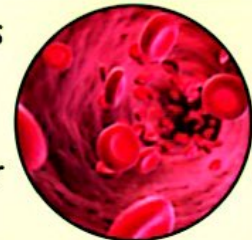
 Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.




 Vitamin C keeps the skin, gums and blood vessels healthy.

Vitamin deficiency

 Lack of vitamin C can lead to skin problems. Your gums may start bleeding and you easily get bruises.




Vitamin deficiency

 Lack of vitamin D can lead to bone problems.



Vitamin deficiency

 Lack of vitamin K can lead to blood problems.

