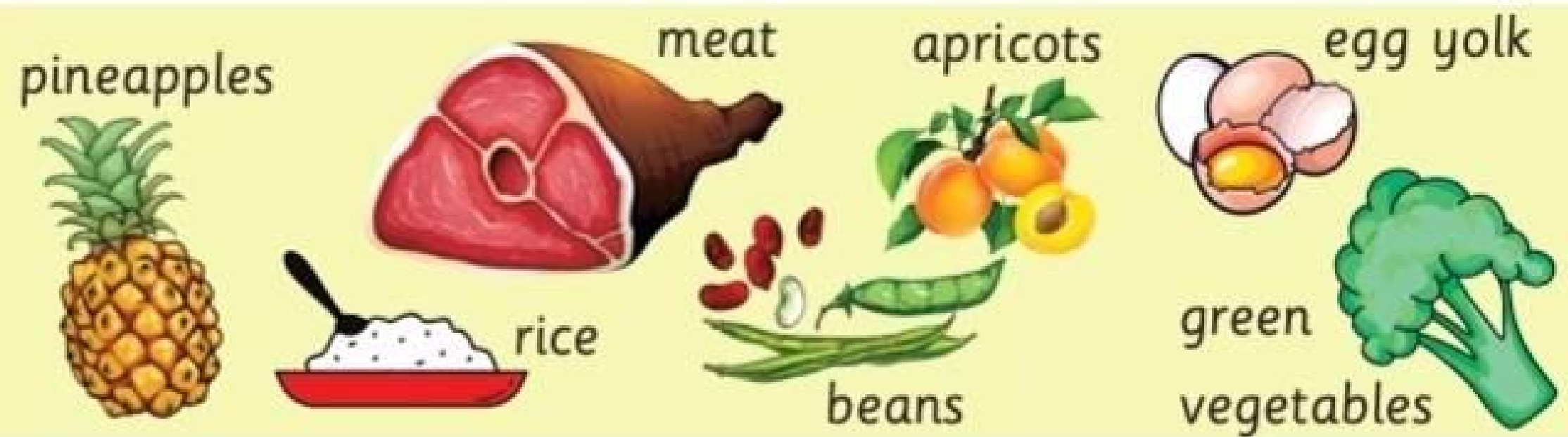


# Vitamins

**A**



**B1**



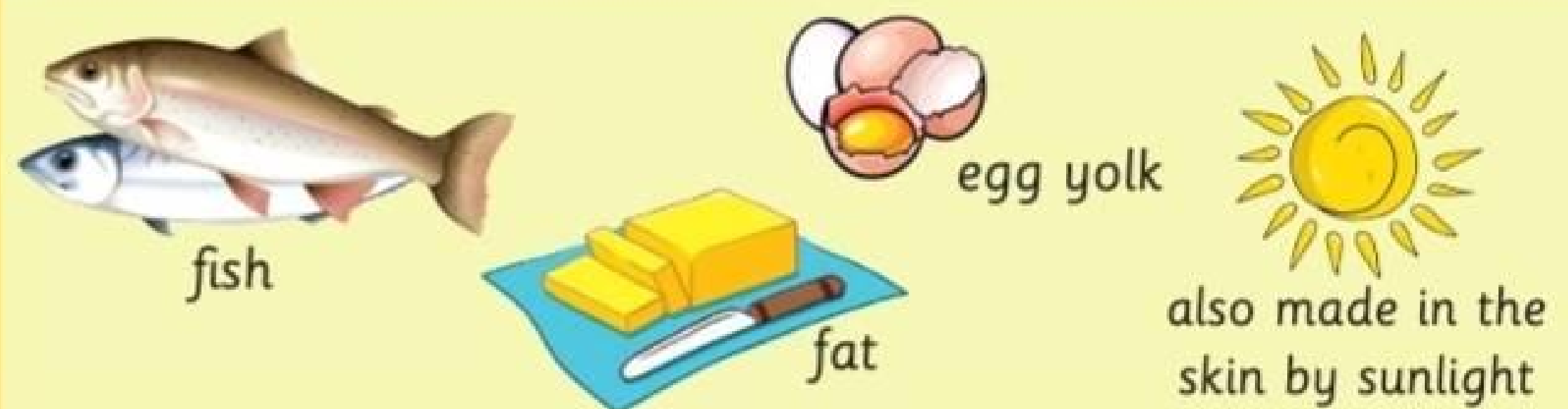
**B2**



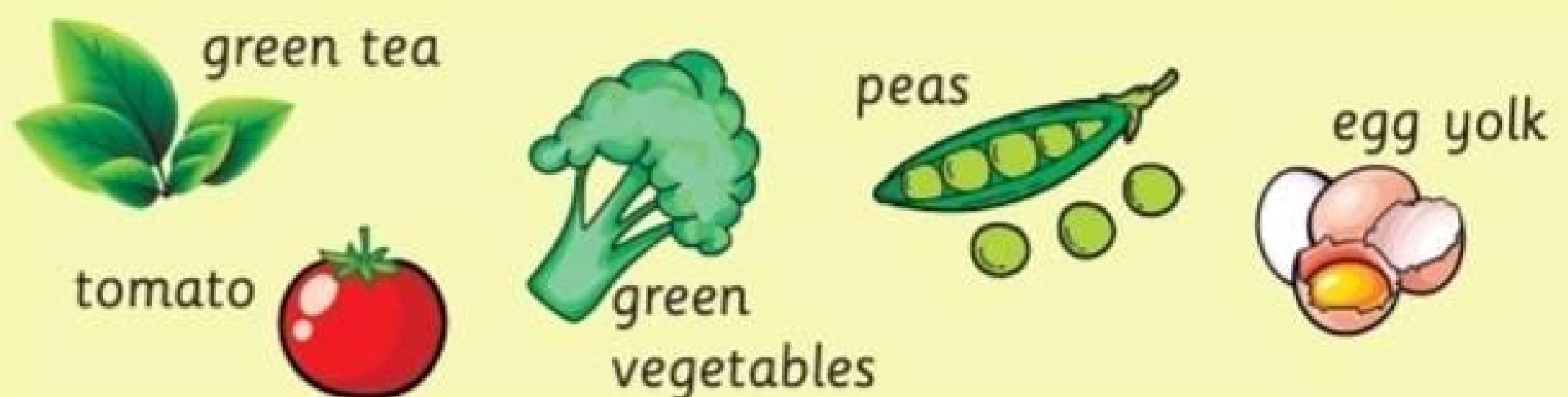
**C**



**D**



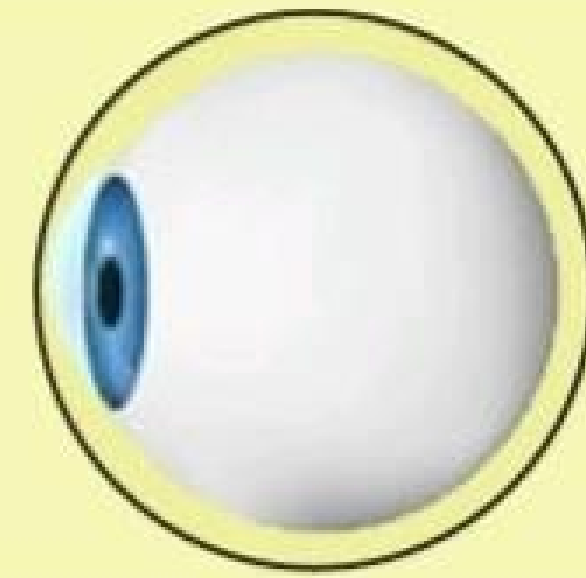
**K**



 Vitamin A keeps the eyes healthy.


**Vitamin deficiency**

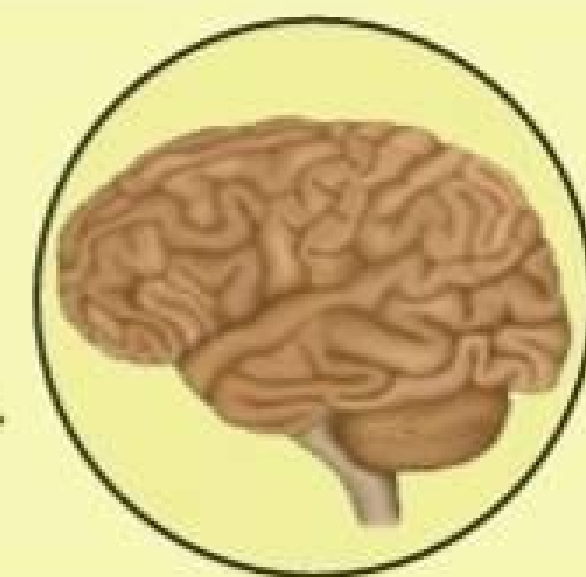
 Lack of vitamin A can lead to eye problems.



 Vitamin B1 keeps the nerves healthy.


**Vitamin deficiency**

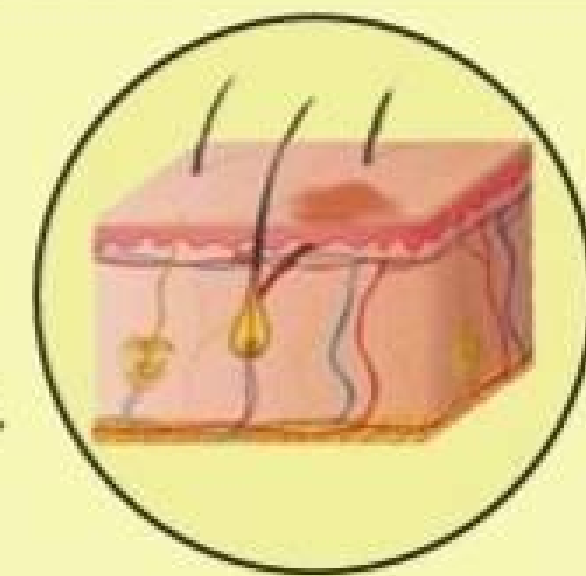
 Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.



 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.

