

You Are What You Eat

vitamins functions and Deficiency Effects

A

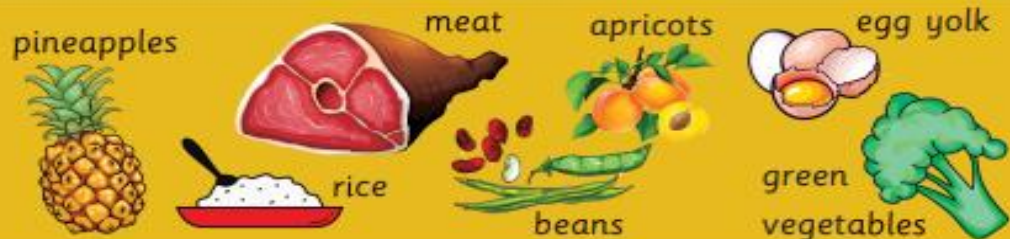


✓ Vitamin A keeps the eyes healthy.

✗ Lack of vitamin A can lead to eye problems. Lack of vitamin A can lead to eye problems.



B1



✓ Vitamin B1 keeps the nerves healthy.

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



B2



✓ Vitamin B2 keeps the skin healthy.

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

