C





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



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

D









☑ Lack of vitamin D can lead to bone problems.



☒ Vitamin D helps your body use calcium to make your bones and teeth strong.

K











☑ Lack of vitamin K can lead to blood problems.



☒ Vitamin K helps your body stop bleeding when you get a cut.