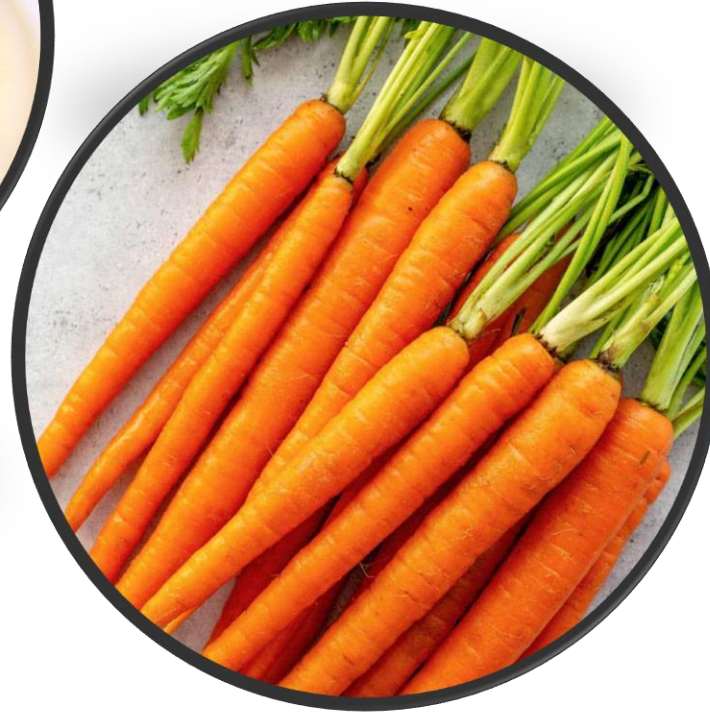


Do you like vitamins?

A

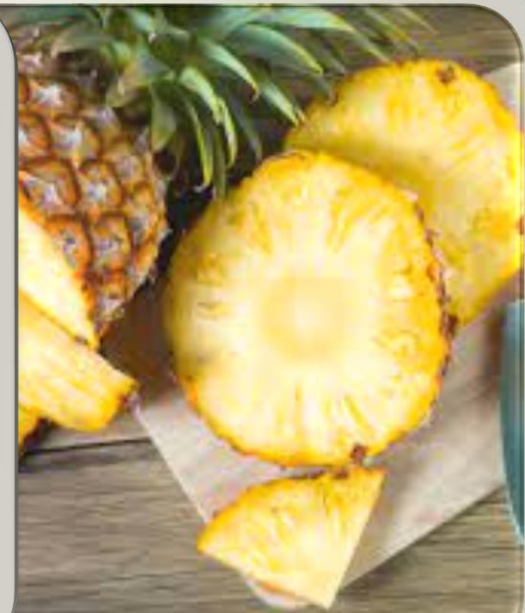


Keeps eyes  
heathy

# B1



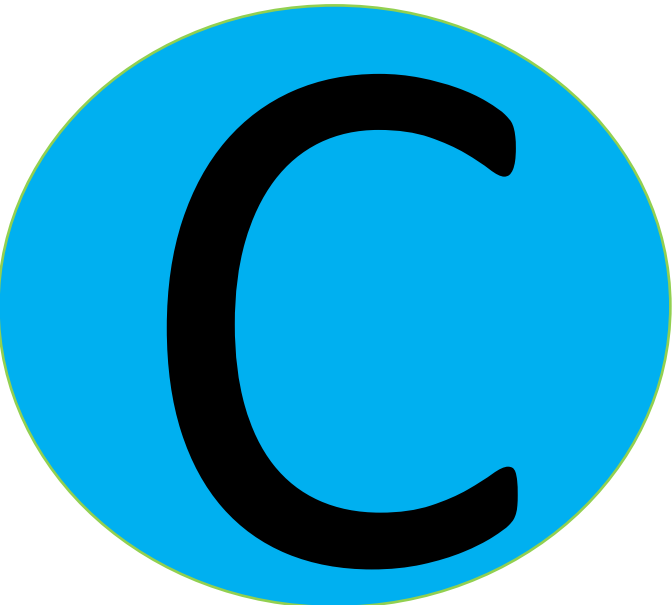
Keeps nerves  
heathy



**B2**

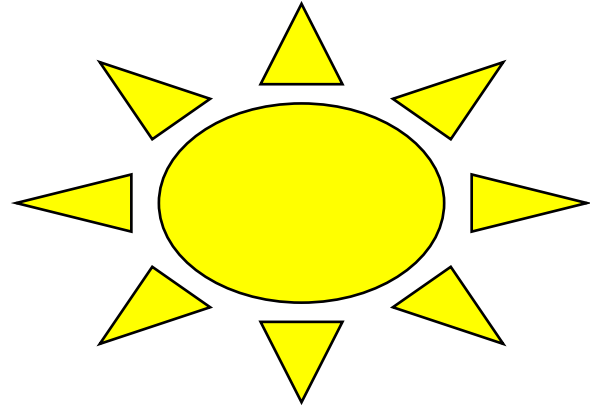
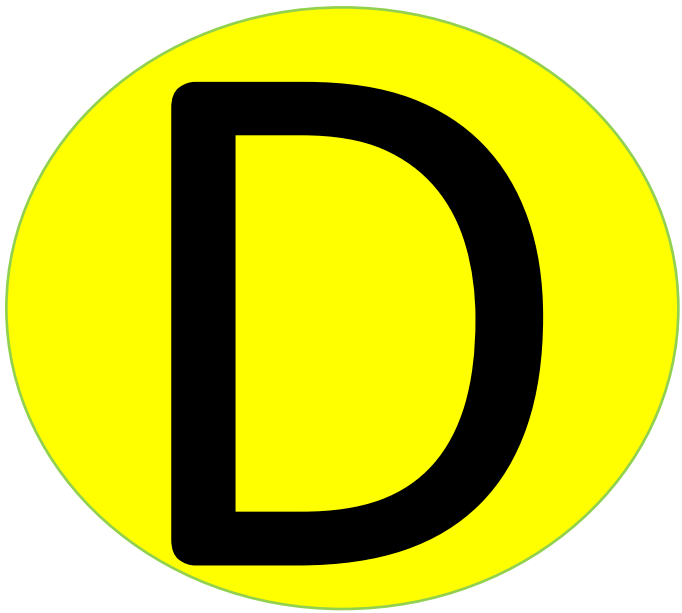


Keeps the skin  
heathy



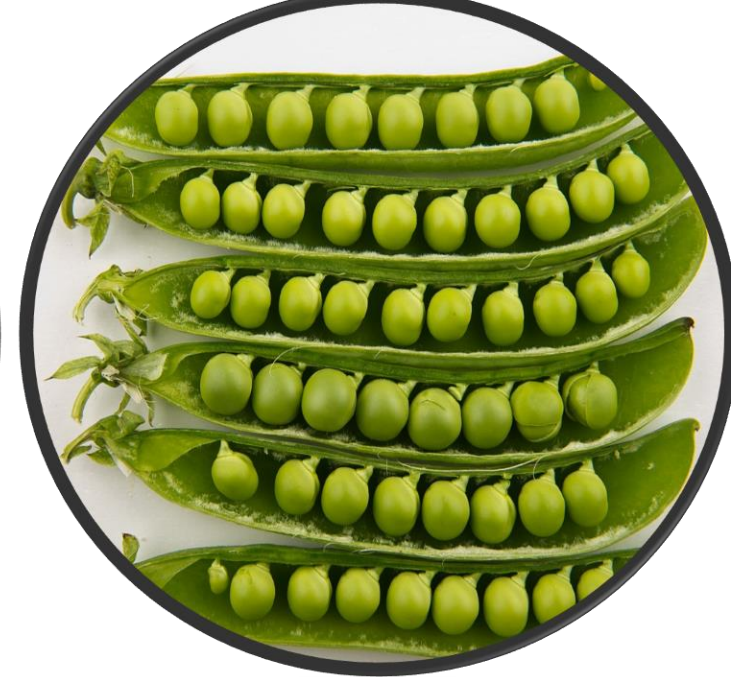
Keeps the skin,  
gums and blood  
vessels healthy





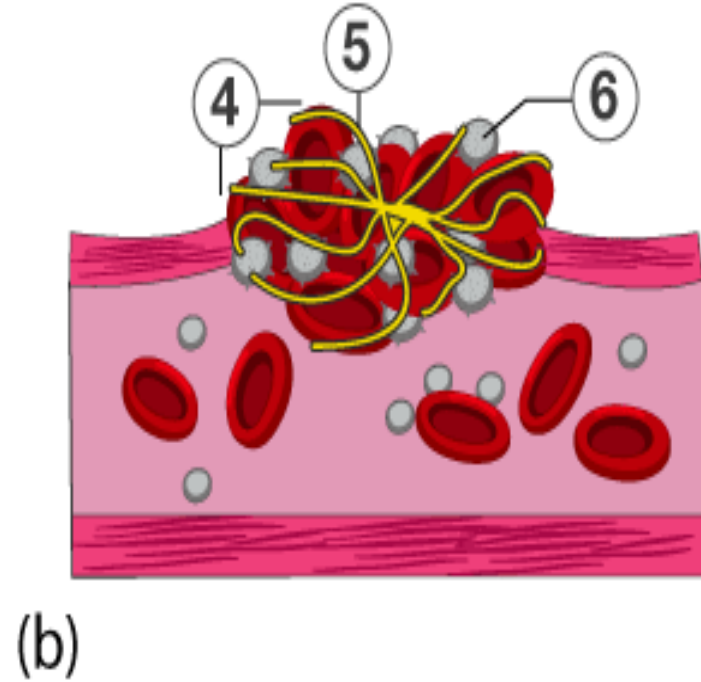
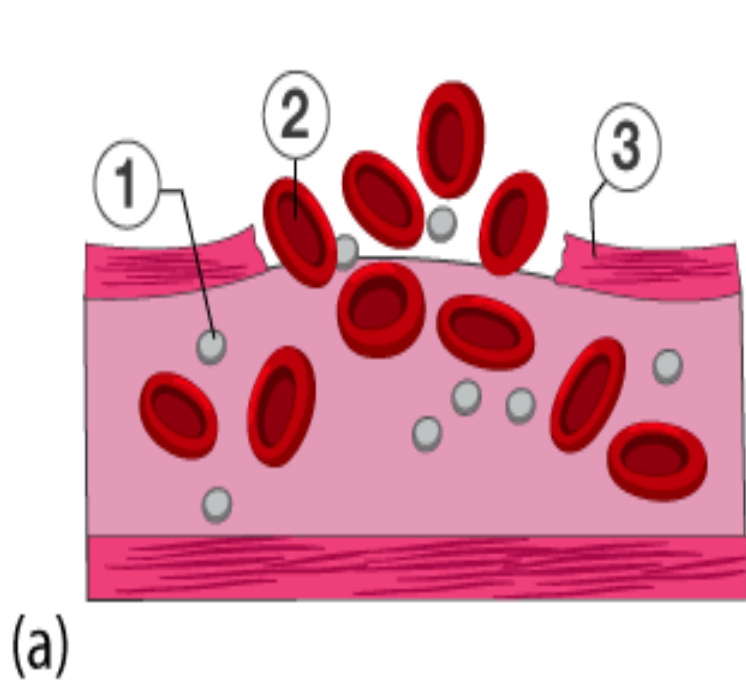
Helps the bones  
to grow

**K**



**Needed for blood clotting**

# blood clotting: When bleeding stops





# Sources of minerals and vitamins

This table lists some different vitamins and their importance in the body

**A**



keeps eyes healthy

**B1**



keeps nerves healthy

**B2**



keeps the skin healthy

**C**



keeps the skin, gums and blood vessels healthy

**D**



helps the bones to grow properly

**K**



needed for blood clotting