



EAT HEALTHY FOOD!

Vitamins Food

A



- Eyes
- Skin
- Immune System
- Reproduction
- Bone Health

B



- Brain
- Nerve
- Blood
- Digestion
- Metabolism

C



- Bones
- Teeth
- Skin
- Immune System
- Healing Wounds

D



- Bones
- Teeth
- Immune System
- Calcium Absorption
- Cells Growth

E



- Eyes
- Heart
- Blood
- Immune System
- Antioxidant

K



- Blood
- Bones
- Heart
- Antioxidant

N



- Brain
- Nerves
- Blood
- Energy
- Removes toxins

P



- Blood
- Immune System
- Antioxidant

U



- Blood
- Liver
- Digestion
- Antidepressant



Title Here

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