

Vitamins

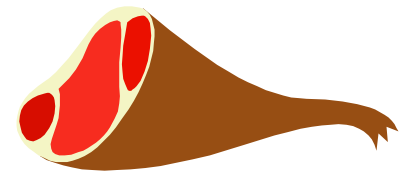
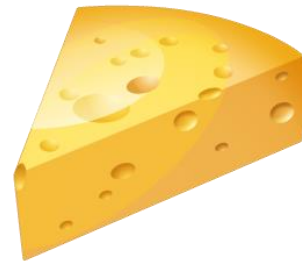
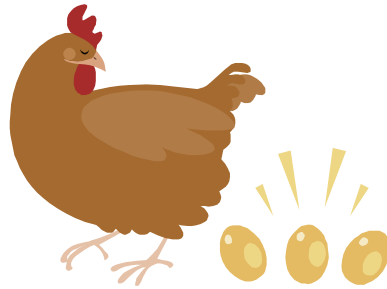
Vitamin A

- Vitamin A helps form and maintain healthy teeth, skeletal and soft tissue and skin.



Vitamin A

- Vitamin A comes from animal sources, such as eggs, meat, milk, cheese, cream, liver, kidney, cod, and halibut fish oil.

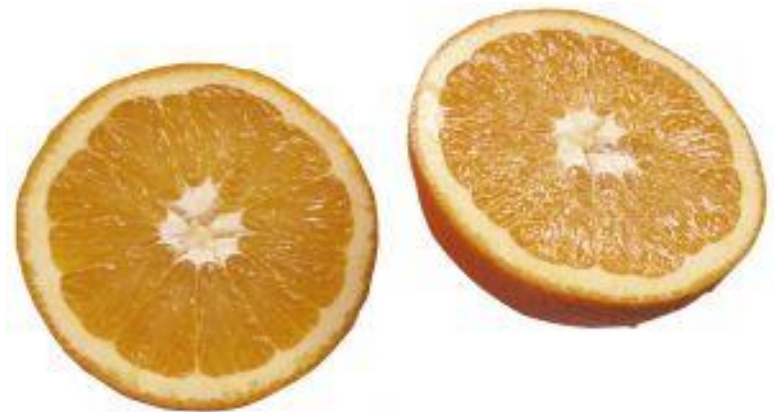


Vitamin C

- Vitamin C is good for maintaining healthy skin and gums. Deficiency in vitamin C leads to a disease called scurvy.
- It is vital in supporting immune function and protecting against illness.

Vitamin C

- Vitamin C is a vitamin found in many fruits and vegetables.
- Vitamin C is one of the better known vitamins as it is present in many popular juice drinks and snacks.



Calcium

- . Calcium is a major mineral essential for healthy bones and teeth.



Vitamin D

- Vitamin D helps the absorption of calcium. Vitamin D is mainly found in meats but is also created by the body naturally with exposure to sunlight.



Iron

- Iron keeps our blood healthy. It helps to transport oxygen around the body.

