

VITAMINS AND MINERALS

Both are essential for a healthy body and to prevent certain diseases.

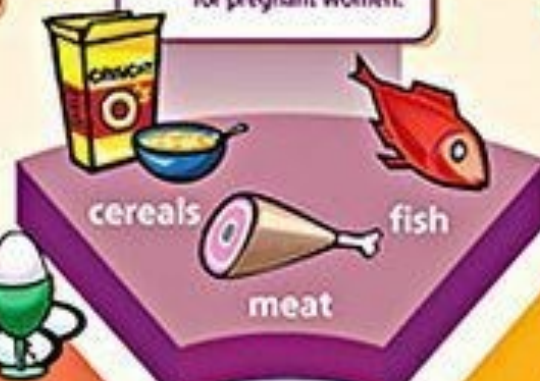
VITAMIN A

- Found in beta-carotene.
- Promotes good eyesight.
- Helps growth.
- Healthy skin & tissue.



B VITAMINS

- B1 - Thiamin
- B2 - Riboflavin
- B3 - Niacin - Helps release energy.
- B9 - Folic Acid - Important for pregnant women.



VITAMIN C

- Protects body from infections.
- Helps in absorption of calcium and iron.
- Helps heal wounds.



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VITAMIN D

- Helps absorption of calcium for healthy teeth and bones.



CALCIUM

- Strong teeth and bones.
- Lack of calcium can lead to brittle bones (Osteoporosis / Rickets).



IRON

- Forms part of Haemoglobin.
- Gives blood cells red colour.
- Lack of iron leads to anaemia.