

# vitamins

1. GOOD FOR: Healthy eyes and general growth and development, including healthy teeth and skin? A. VITAMIN D
2. GOOD FOR: Energy production, immune function and iron absorption? B. IRON
3. GOOD FOR: Strengthening blood vessels and giving skin its elasticity, anti-oxidant function and iron absorption? C. VITAMIN A
4. GOOD FOR: Strong healthy bones? D. VITAMIN C
5. GOOD FOR: Blood circulation, and protection from free radicals? E. B VITAMINS
6. GOOD FOR: Blood coagulation - that is, the process by which your blood clots? F. CHROMIUM
7. GOOD FOR: Cell renewal and preventing birth defects in pregnancy? G. VITAMIN K
8. GOOD FOR: Healthy teeth and bones? H. FOLIC ACID
9. GOOD FOR: Building muscles naturally and maintaining healthy blood? I. CALCIUM
10. GOOD FOR: Immunity, growth and fertility? J. VITAMIN E
11. GOOD FOR: Glucose function - making sure every cell in your body gets energy as and when needed? K. ZINC