

Vitamins

What You Need & Why

-  Vitamin A – for vision
-  Vitamin B1 – for energy
-  Vitamin B2 – for growth
-  Vitamin B3 – for metabolism
-  Vitamin B5 – for hormones
-  Vitamin B6 – for immunity
-  Vitamin B7 – for hair and skin
-  Vitamin B9 – for cells
-  Vitamin B12 – for nerves
-  Vitamin C – for healing
-  Vitamin D – for bones
-  Vitamin K – for blood

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