

HEALTHY FOOD

VITAMIN CHART

VITAMIN FOR

A

Normal Growth and Development,
Normal Night Vision,
Healthy Epithelium, Anti-infective.



VITAMIN FOR

B₁

Growth, Appetite,
Normal Intestinal Function,
Nerve and Muscle Function.



VITAMIN FOR

B₂

Growth, Healthy
Skin, Mouth & Eyes.



VITAMIN FOR

B

Proper Carbohydrate Metabolism,
Nervous System.



VITAMIN FOR

B₆

Proper Metabolism
of Amino Acids,
Disease-Resistance,
Anti-Emetic.



VITAMIN FOR

B₁₂

Red Blood Cells,
Nitrogen Metabolism,
Healthy Nervous Tissue.



VITAMIN FOR

C

Healthy Growth,
Good Gum & Teeth,
Sound Blood Vessels,
Rapid Healing,
Resistance against Flu & Colds.



VITAMIN FOR

D

Proper Utilisation
of Calcium
& Phosphorus Formation
of Bones and Teeth.



VITAMIN FOR

E

Normal Reproduction.



VITAMIN FOR

K

Normal Blood Coagulation,
and Liver Functioning.

