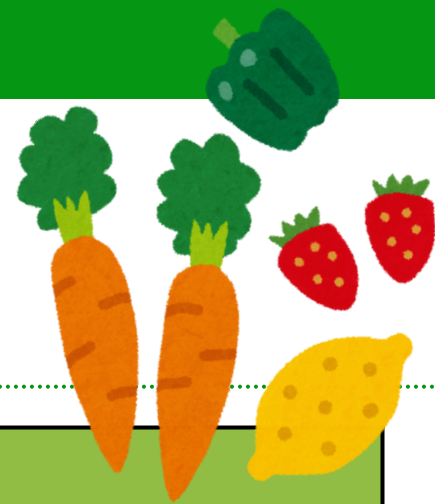


# VITAMINS

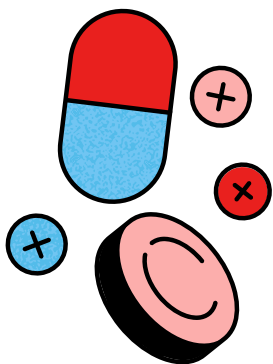
## WHAT IS A VITAMIN?

Vitamins are organic micronutrients that are necessary to sustain human life. Every vitamin, except for vitamin D, cannot be produced in the body and **must come from what you eat**.



## The Health Benefits of Vitamins

<b>Vitamin A</b>	Supports healthy eyesight and immune system function	Found in spinach, dairy products and carrots
<b>Vitamin D</b>	Helps protect against viruses and builds strong bones	Found in fortified milk and salmon
<b>Vitamin C</b>	Helps your body heal and form blood vessels, muscle and collagen	Found in citrus fruits, berries and broccoli
<b>Vitamin E</b>	Important for vision, reproduction, skin and brain health	Found in olive oil, many nuts and dairy



## SHOULD YOU TAKE SUPPLEMENTS?

Most people are **already getting all of the vitamins they need from their diet**. However, supplements are recommended for those who:

- Consume less than 1,600 calories a day
- Have a medical condition like liver disease or food allergies

**Work with your doctor** to determine if supplements are right for you!

