

Vitamin A

Vitamin A helps our body in many ways. It keeps our teeth, bones, soft tissues and skin healthy. It helps prevent night blindness and keeps our hair and nails strong.

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Vitamin B

Vitamin B6, B12 and B9 are important for proper nerve function. They can be found mostly in green leafy vegetables. They maintain brain function and prevent anemia, as well.

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Vitamin C

Citrus fruits are known to be rich in Vitamin C. This vitamin is important for promoting healthy teeth and gums. It also helps in healing wounds and boosting the immune system.

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Vitamin D

Vitamin D is essential for bone strength and health of our teeth. It can be produced as a response to sun exposure. Other sources include foods such as salmon, mackerel and sardines.

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Vitamin E

Vitamin E, like vitamin C, is a powerful anti-oxidant. It helps protect our cells from damage. It can also help in the repair of muscle cell. Foods rich in vitamin E include almonds and sunflower seed.

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Vitamin K

Vitamin K is vital for our body's formation of blood clots. Without it, bleeding may occur. Foods rich in vitamin K include kale, parsley, broccoli and asparagus.

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