



VITAMINS



L/O/G/O



Vitamins play a very important role in a human health. Over dosage of some vitamins may be harmful, so people must take normal doses of vitamins.



When the winter month come your food becomes poor of vitamins. Winter is the time for virus infections, cold and flu and your resistance especially low. Take vitamins A,D,C every day.

**You can find vitamin A in carrots,
fish oil, eggs.**



**Vitamin A protects
eyesight, increases
resistance to infection.
Vitamin A is often
combined with other
vitamins, especially
vitamin D.**

You can find vitamin B in liver, eggs, yeast.

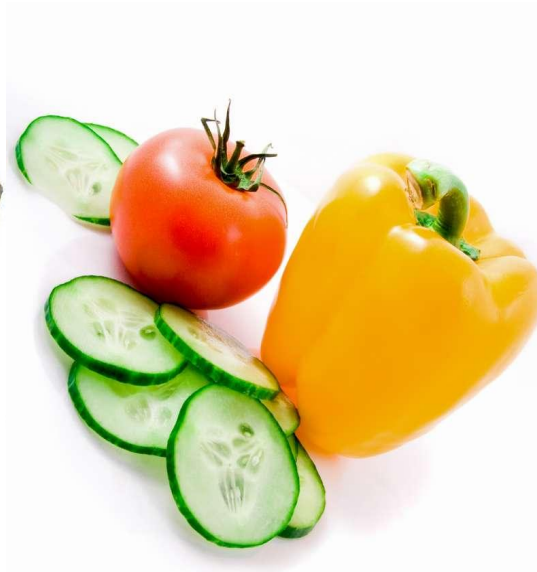
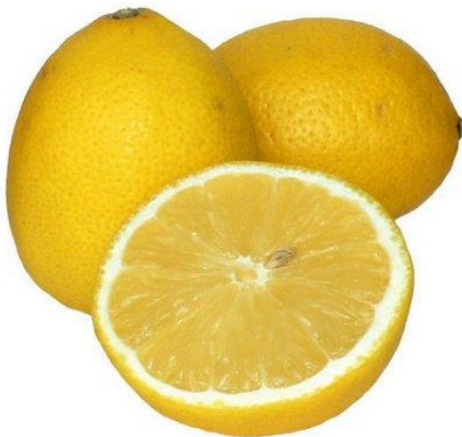


Vitamin B protects nervous system. Cooking destroys vitamin B. Take it daily.

You can find vitamin C in cherry, orange, lemon, fruit and vegetables.

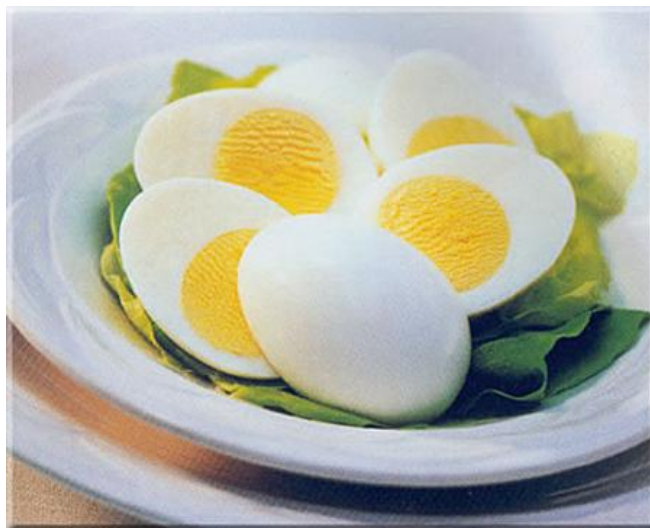


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Vitamin C increases resistance to infection. It helps to recover after illness. Take it daily.

You can find vitamin D milk, fish, eggs, yeast.



Vitamin D helps the body in formation of bones and strong teeth.



**You can find vitamin E in soya,
fruits.**



**Vitamin E
improves poor
blood
circulation,
treats
thrombosis and
varicose veins.**



- 1. What do we take vitamin A for?**
- 2. Can vitamin A protect eyesight?**
- 3. How often must we take vitamin B?**
- 4. What does vitamin C give to human health?**





Thank You!



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