Types of Vitamins

Vitamin A
- Good eyesight
- Helps growth
- Healthy skin and tissue

Vitamin B
- Help release energy
- Nervous system
- Good for brain, heart and nerves

Vitamin C
- Helps fight infection
- Protect against disease
- Healthy skin, teeth and gums
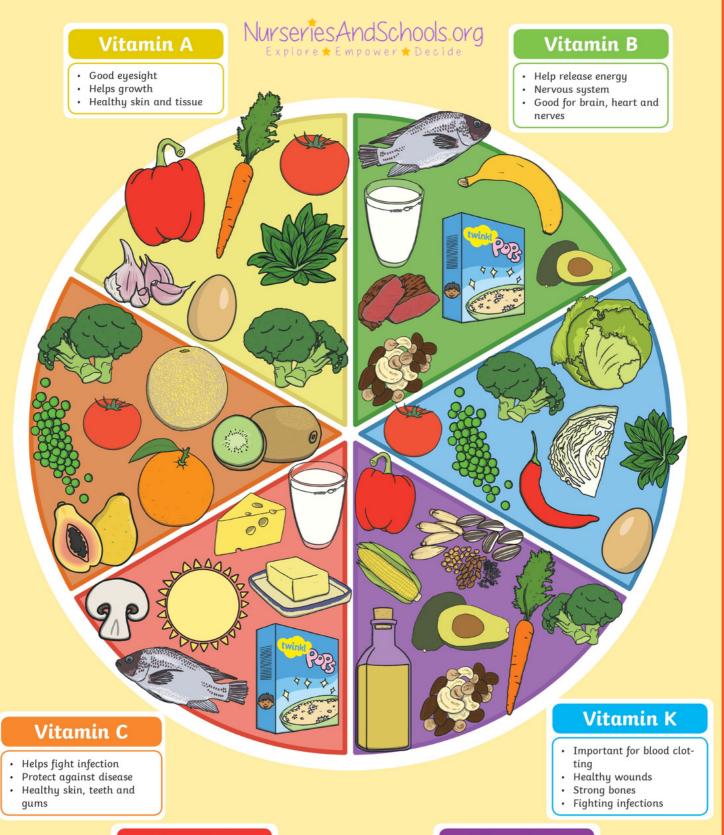
Vitamin D
- Helps absorb calcium which is important for healthy bones and teeth
- Helps immune system.

Vitamin K
- Important for blood clotting
- Healthy wounds
- Strong bones
- Fighting infections

Vitamin E
- Healthy skin
- Resistance to infection
- Healing wounds