## Vitamin Auide



**VITAMIN A helps maintain** 

healthy tissue and skin\* Vitamin A is found in leafy green vegetables, carrots, pumpkins, apricots, sweet potatoes and tomatoes. **BIOTIN helps** maintain healthy hair, skin, and nails Biotin is found in beans. peanuts, tomatoes and oats.



**VITAMIN D, the sunshine** vitamin, is important for bone and immune health

The body can make its own vitamin D from sunlight. You can also get vitamin D from foods like salmon, tuna, mackerel, and eggs.



**LUTEIN supports** healthy skin\*

> Look for lutein-rich foods like carrots, butternut squash and leafy vegetables.

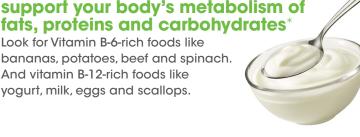


VITAMIN C is essential for formation of collagen throughout the body\*

> Vitamin C sources include red and green peppers, kiwi, strawberries, apples, cantaloupe, citrus fruits, Brussels sprouts, asparagus and broccoli.

VITAMINS B-6, B-12, and NIACIN to support your body's metabolism of fats, proteins and carbohydrates\*

bananas, potatoes, beef and spinach. And vitamin B-12-rich foods like yogurt, milk, eggs and scallops.



## **ZINC** is key in cellular metabolism\*

Zinc is provided in foods like cashews, oysters, lamb, lobster and lentils.



**PROTEIN provides** structure to cells

Protein-rich foods include eggs, dairy, nuts and meat.



Vitamin E is found in foods like almonds, spinach, peanuts and sunflower seeds.



In addition to drinking plenty of water, incorporate a mix of fruits and veggies to help you hydrate and also to deliver a dose of vitamins and minerals.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



