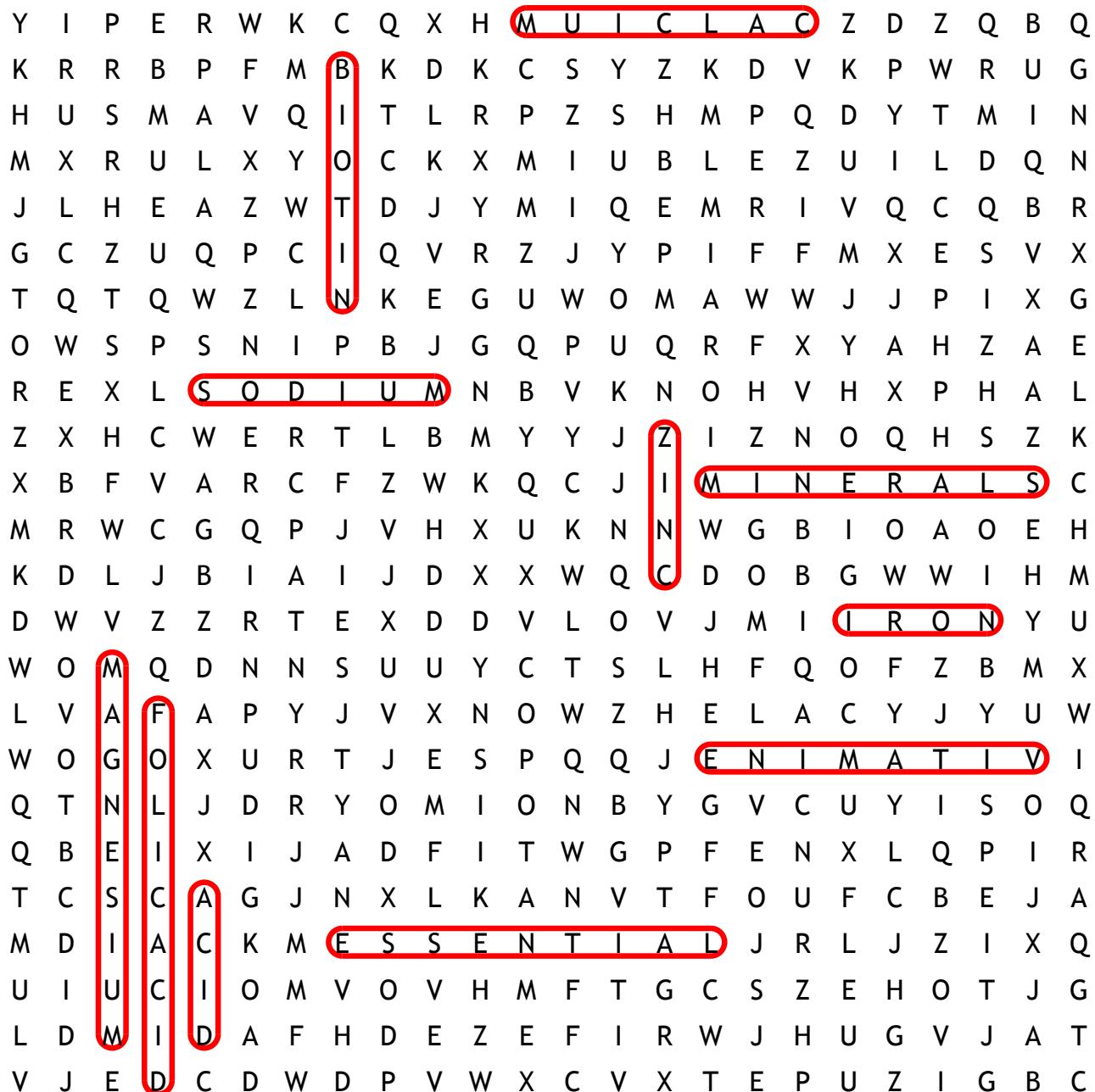


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Vitamins



## folic acid

## essential

magnesium

**vitamin e**

## minerals

# Calcium

sodium

### **biotin**

## zinc

## Iron