

<p>Vitamin A</p> <p>Why you need it: Supports vision, bone growth, immune function, and skin health</p> <p>Where to find it: Sweet potatoes, carrots, kale, squash, cantaloupe, dried apricots</p>	<p>Vitamin C</p> <p>Why you need it: Supports the development and maintenance of scar tissue, blood vessels, and cartilage</p> <p>Where to find it: Peppers, guavas, kiwifruit, broccoli, berries, tomatoes, papayas</p>
<p>Vitamin E</p> <p>Why you need it: Supports heart health, eye health, and mental function</p> <p>Where to find it: Almonds, shellfish, avocado, green peas, navy beans, butternut squash</p>	<p>Calcium</p> <p>Why you need it: Supports bone health, weight loss, and muscle function</p> <p>Where to find it: Low-fat milk and cheese, watercress, Chinese cabbage, green snap beans, tofu</p>
<p>Folic Acid</p> <p>Why you need it: Supports red blood cell creation, DNA synthesis, and prevention of anemia</p> <p>Where to find it: Spinach, asparagus, citrus fruits, lentils, okra, avocado</p>	<p>Iron</p> <p>Why you need it: Supports oxygen transport, red cell creation, and healthy skin and nails.</p> <p>Where to find it: Liver, oysters, chickpeas, pumpkin seeds, soybeans</p>
<p>B-12</p> <p>Why you need it: Supports metabolism, brain function, nervous system health, and blood formation</p> <p>Where to find it: Mackerel, red meat, sardines, milk, yogurt, crustaceans, salmon</p>	<p>B-6</p> <p>Why you need it: Supports red blood cell metabolism, nervous system function, and immune system health</p> <p>Where to find it: Sunflower seeds, pistachio nuts, fish, poultry, dried prunes, bananas</p>

Caption:

Description:

Dimensions: 560 x 595

aperture: 0

credit:
camera:
caption:
created_timestamp: 0
copyright:
focal_length: 0
iso: 0
shutter_speed: 0
title:
orientation: 0
keywords: Array