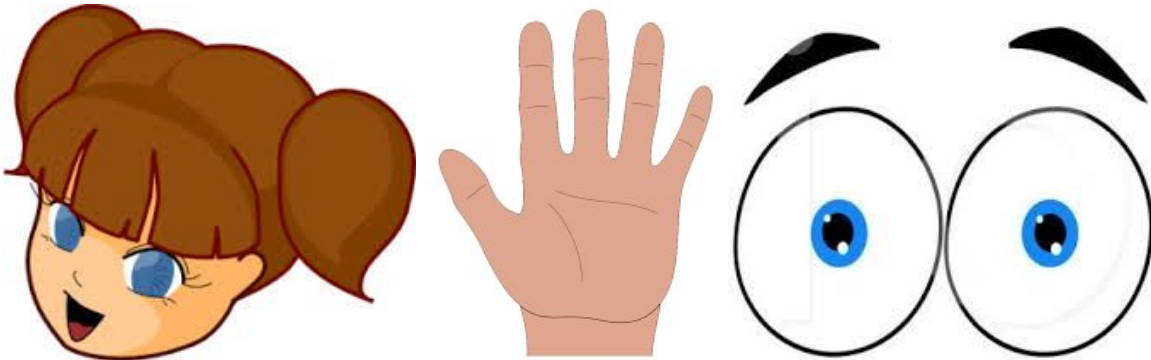


WHAT'S THE BIG DEAL ABOUT THE B VITAMINS?

★B Vitamins help your body to breakdown protein, carbohydrates, and fat to use for energy.



★B Vitamins promote healthy hair, skin, and eyes.



★The body is unable to store B Vitamins, so make sure that you are regularly eating foods that contain B Vitamins.

