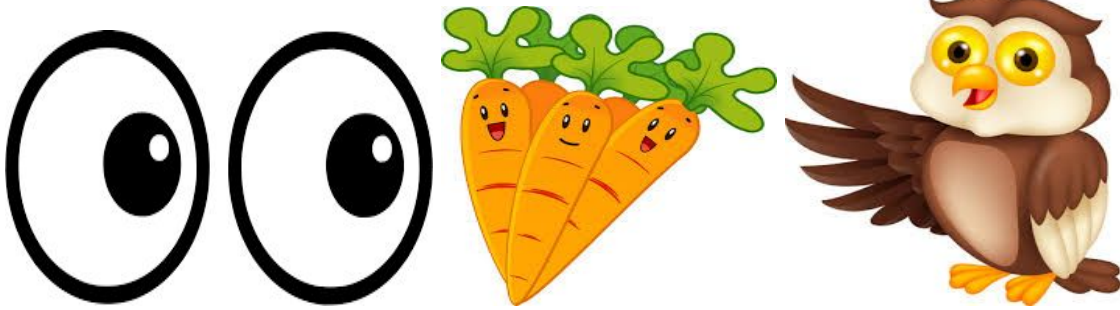
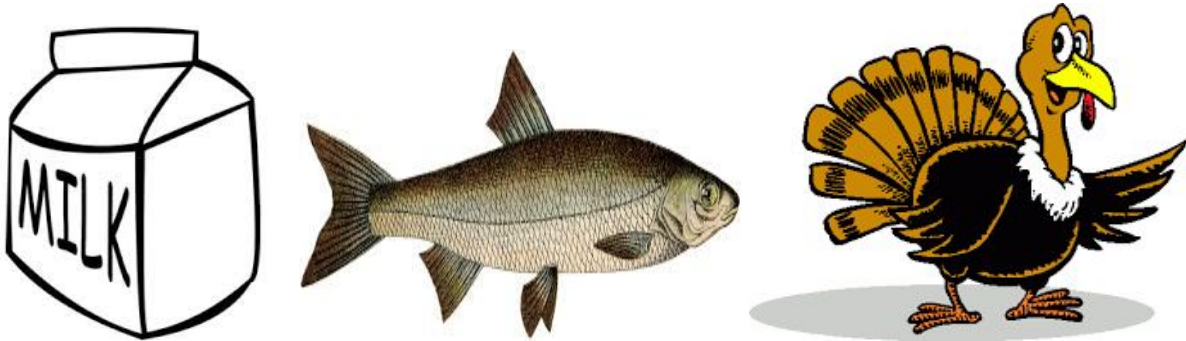


WHAT'S THE BIG DEAL ABOUT VITAMIN A???

★ Vitamin A is important to vision and helps your eyes adjust to changes in light.



★ Vitamin A is found in animal products such as milk, fish, and poultry.



★ Vitamin A can also be made by your body by using beta carotene, a substance found in foods such as sweet potatoes, spinach, and cantaloupe.

