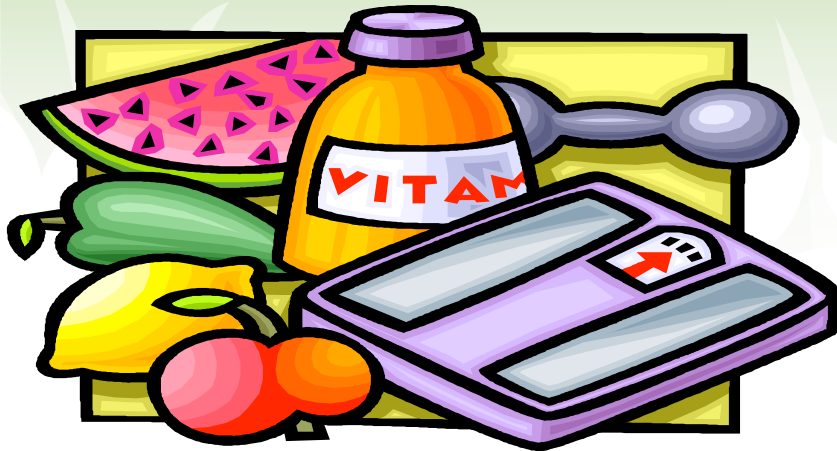


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Hot Health News VITAMINS



Vitamins- What are they and why do I need them?

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are vitamins A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate). You can usually get all your vitamins from the foods you eat. Your body can also make vitamins D and K. People who eat a vegetarian diet may need to take a vitamin B12 supplement.

<http://www.nlm.nih.gov/medlineplus/vitamins.html>



Brought to your report card by The Campbell University School of Pharmacy's Wellness Institute Middle School Program and Healthy Harnett

Each vitamin has specific jobs. If you have low levels of certain vitamins, you may develop a deficiency disease. For example, if you don't get enough vitamin D, you could develop rickets. Some vitamins may help prevent medical problems. Vitamin A prevents night blindness.

The best way to get enough vitamins is to eat a balanced diet with a variety of foods. In some cases, you may need to take a daily multivitamin for optimal health. However, high doses of some vitamins can make you sick.