- 1) Zinc helps to build a strong immune system
- 2. Children under age of five are typically the most vulnerable to vitamin A Deficiency
- 3. Lodine deficiency is the leading cause of preventable brain damage in childhood in the developing world
- 4. Vitamin D shows promise in Reducing Cancer in Older Women



- 1. Vitamin C antioxidant that helps to protect the body against free radical
- 2.Dietary
 Supplements play & important role of filling nutrition gaps
 3. Glucosamine 500mg support healthy joint function





NO MIXING, NO MESS, less chances of cross-contamination, and NO BACTERIAL GROWTH before or during mixing.