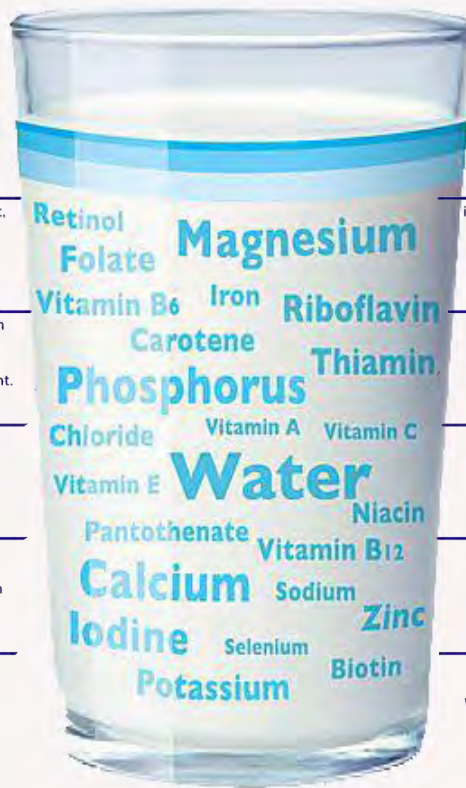


Nature's Nutrition Powerhouse



protein

needed for growth and development, maintenance of muscles, as well as repair of damaged body tissue.



magnesium

important for bone structure and for energy transfer in the body.



calcium

essential for strong bones and teeth and needed for normal muscle nerve functions. May also assist in controlling blood pressure and weight.



vitamin B₂

helps body cells to function properly and release energy from foods.



vitamin A

important for growth in children, good eyesight and improves immunity.



vitamin B₁₂

assist in the formation of cells and helps to keep blood healthy and prevent anemia.



zinc

helps in wound healing and is essential for bone formation. Also aids in the development of the brain and many other parts of the body



carbohydrates

gives the body energy



potassium

helps in controlling blood pressure and is important for the nervous system



phosphorus

important part of the mineral structure of bones and teeth. Works with B vitamins to release energy from foods. Also helps absorption of calcium.



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