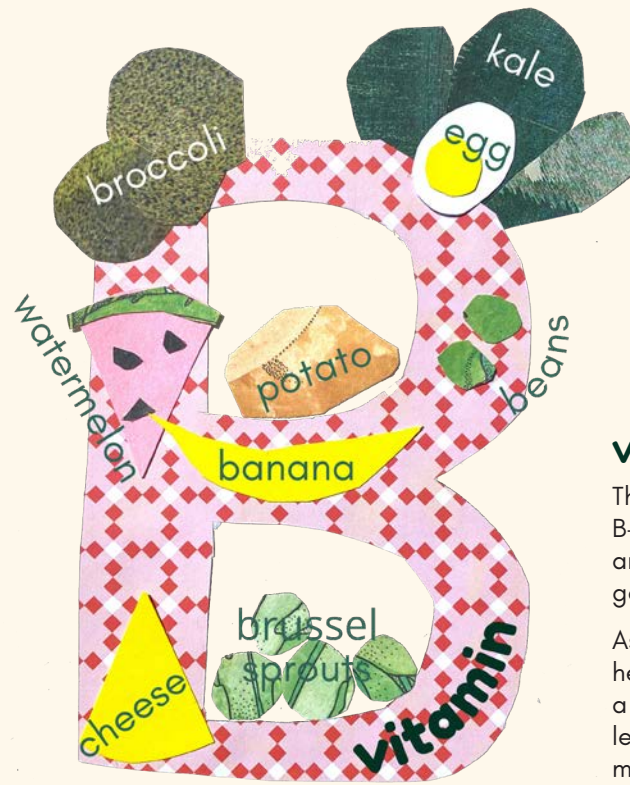


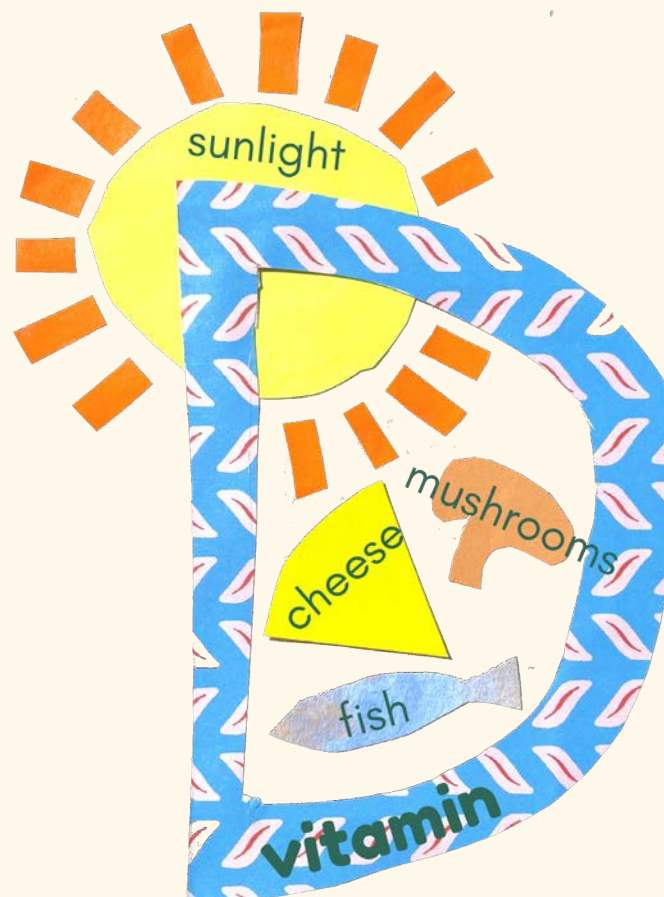
**Vitamin A**  
Essential for vision, bone growth, skin and tissue repair. Protects the immune system.



**Vitamin B**  
The eight B vitamins (B-1, B-2, B-3, B-5, B-6, B-7, B-9, and B-12) are essential in maintaining good health and well-being. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism.



**Vitamin C**  
Essential for absorption of iron, healthy skin, teeth, and bones. Strengthens the immune system.



**Vitamin D**  
Essential for bone and teeth formation, helps the body absorb Calcium and Phosphorus.



**Vitamin E**  
Essential for healthy skin, circulation, and maintaining cells.



**Vitamin K**  
Plays a key role in helping the blood clot, preventing excessive bleeding.

## ESSENTIAL VITAMINS TO HELP YOU GO AND GROW

Art and Design by Emily Birdie Busch

Follow her work @birdiebusch | emilybirdiebusch.com

Made possible through the Resistance Garden project via the Painted Bride Art Center | paintedbride.org in conjunction with Philly Forests | phillyforests.com

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