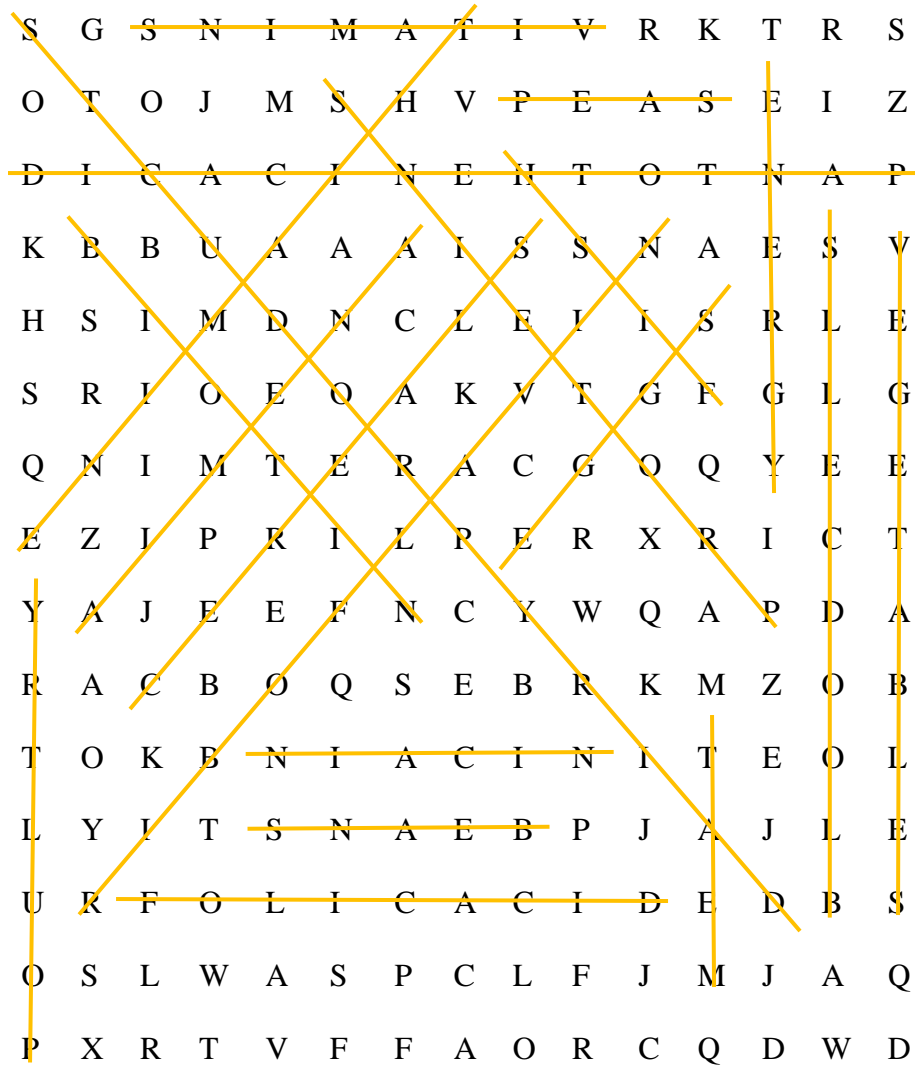


What About Those B Vitamins?



ANEMIA

BLOOD-CELLS

EGGS

FOLIC-ACID

PANTOTHENIC-ACID

PROTEINS

VEGETABLES

BEANS

CEREALS

ENERGY

MEAT

PEAS

RIBOFLAVIN

BIOTIN

DAIRY-PRODUCTS

FISH

NIACIN

POULTRY

THIAMINE