



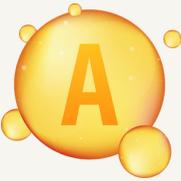
4 FAT SOLUBLE VITAMINS



*and why you need them to
function in your work*

ALLYSON ARANDA



VITAMIN 
maintains healthy vision



you're staring at your computer screen or other electronics

VITAMIN 
supports immune system

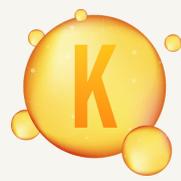


You don't want to have to call out sick or work while being sick.

VITAMIN 
antioxidants and also boosts the immune system



you don't want to feel awful at work by being sick all the time or letting yourself get burnt out or stressed easily.

VITAMIN 
lowers risk of heart disease



work can be stressful and if you're not able to handle stress and be at optimal health then there's a risk of heart disease.