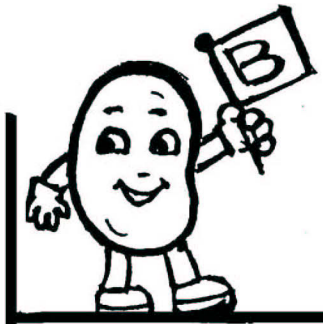
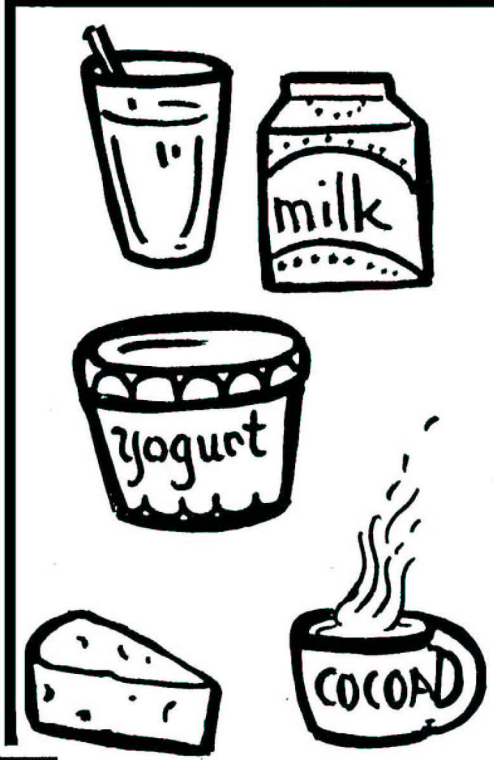
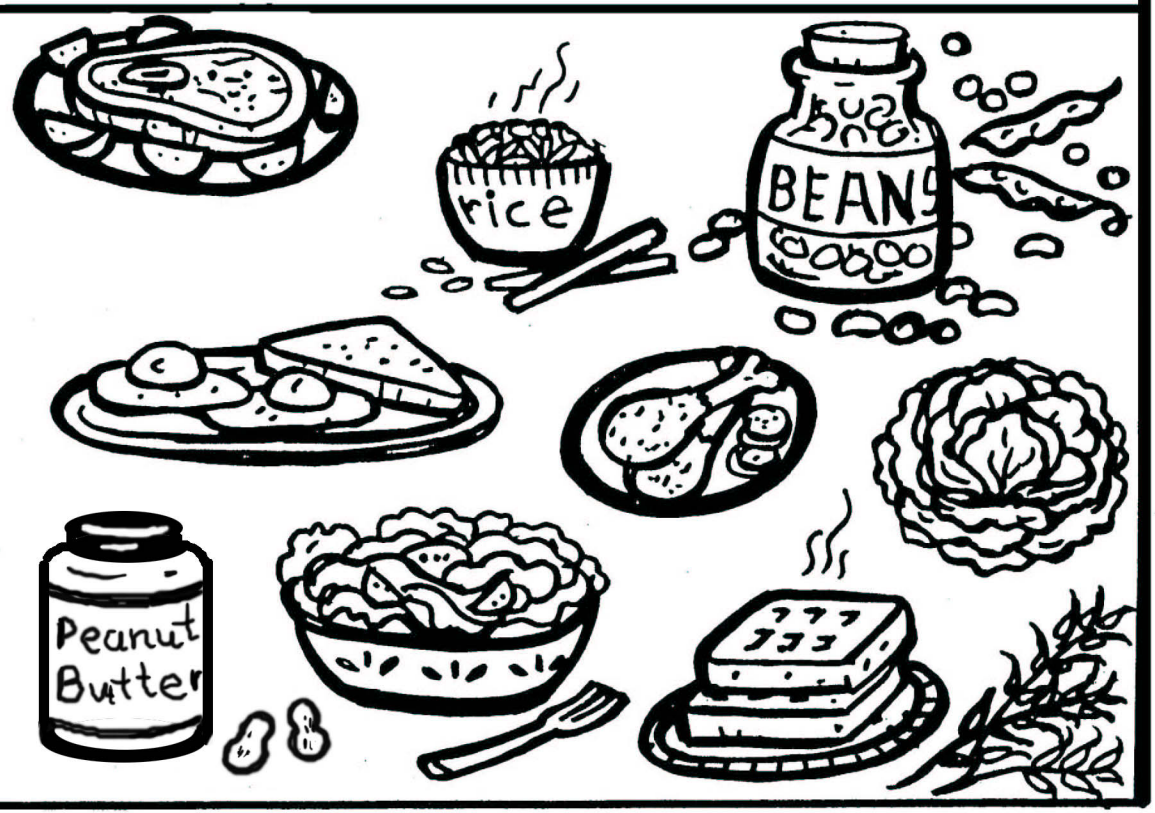


B Vitamins

ARE IN MANY FOODS!

Eat low-fat dairy foods, eggs, dried peas, lean meat, beans, whole and enriched grains, and dark leafy greens.





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