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Vitamins and minerals are natural healthy resources from the ground and plant life. Without vitamins and minerals our bodies would not function well at all. Without iron our blood would not flow, and without vitamin C our immune system will slow. Calcium is an important mineral that the body needs, without it we would have no bones and lots of heartburn. A chart that shows all the different vitamins and minerals would be beneficial to see for your health. Without a chart you may not know any of these facts.

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