

B	I	N	G	O
Vitamin K	Calcium	Macronutrients	Toxicity	Rickets
Folate	Vitamin E	Sodium	Carbohydrates	Vitamin C
Water	Deficiency	Omega 3	Potassium	Vitamin B1
Protein	Thyamine	Magnesium	Scurvy	Fats
Vit A	Iodine	Zinc	Iron	Micronutrients

B	I	N	G	O
Water	Deficiency	Vitamin C	Carbohydrates	Fats
Iron	Vitamin B1	Omega 3	Rickets	Thyamine
Folate	Macronutrients	Sodium	Scurvy	Vitamin K
Protein	Iodine	Vitamin E	Magnesium	Toxicity
Vit A	Zinc	Micronutrients	Calcium	Potassium

B	I	N	G	O
Vitamin B1	Scurvy	Iodine	Iron	Magnesium
Fats	Micronutrients	Folate	Omega 3	Vitamin K
Protein	Vit A	Sodium	Deficiency	Vitamin E
Water	Thyamine	Zinc	Carbohydrates	Calcium
Potassium	Vitamin C	Toxicity	Macronutrients	Rickets