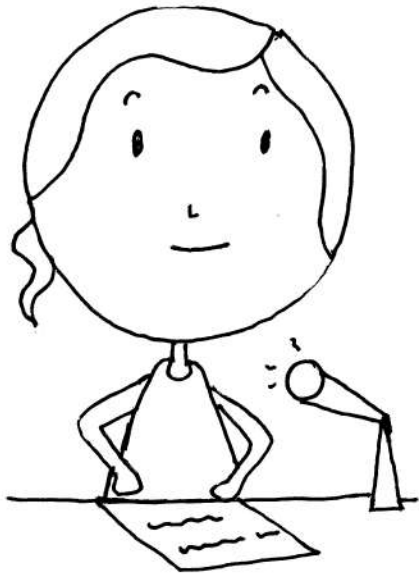
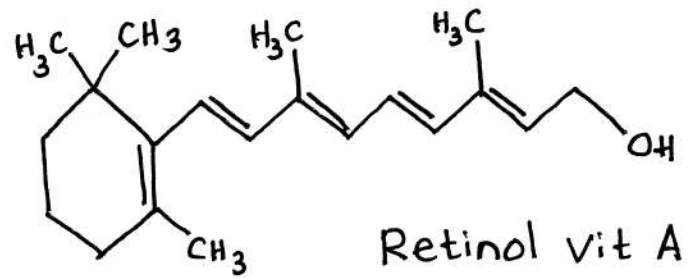


# Breaking News

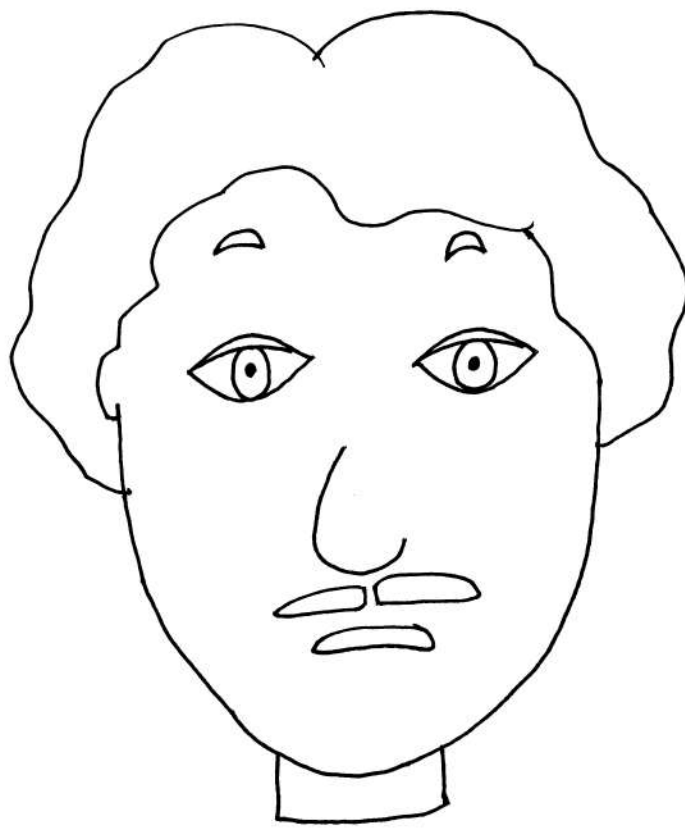


Many systems of mr. John's body have started a protest, requesting vitamin A immediately

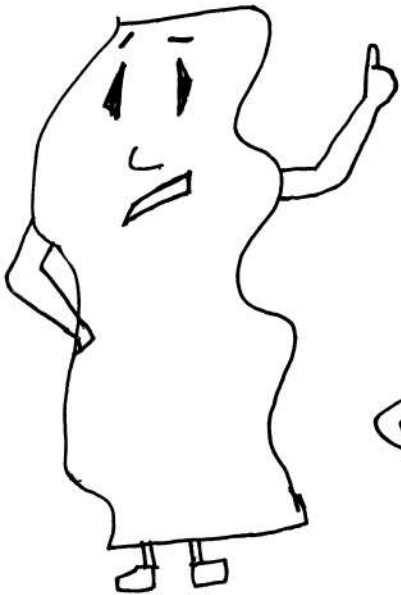
## Situation of Eye in this moment.



All the rod cells of eye gave up production of Rhodopsin due to shortage of Vit A

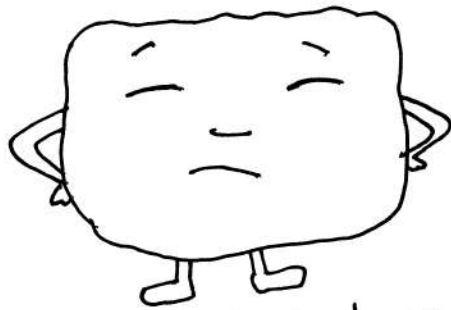


Oh!!  
My vision  
is not good  
in  
low light

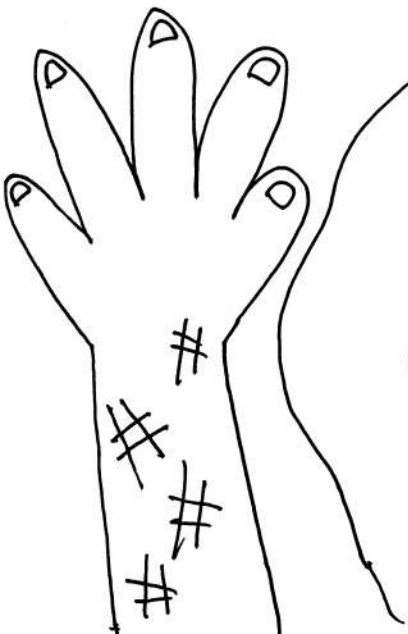


Mucosal cells

If Mr. John doesn't respond  
We will be dried out.



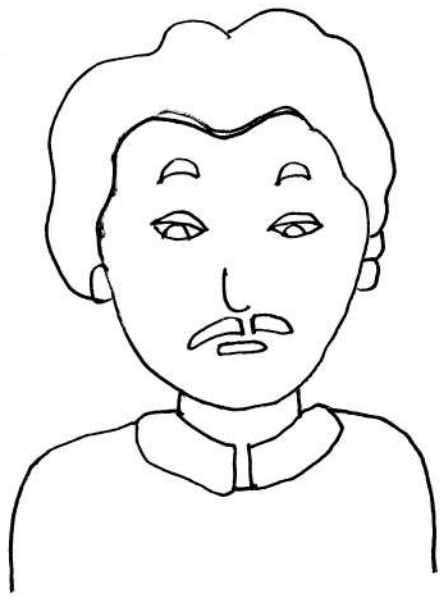
Epithelial cells



Oh my eyes are  
dry & uncomfortable



My  
Skin is  
also  
dry!!



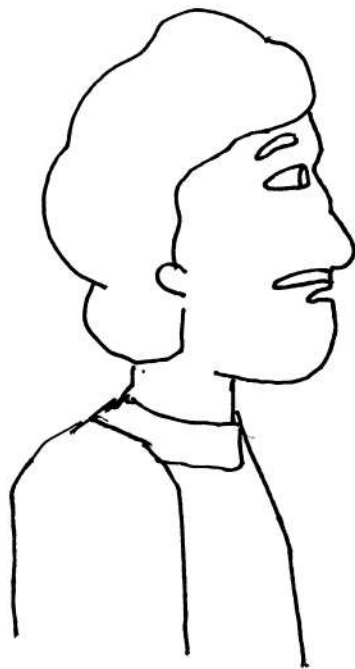
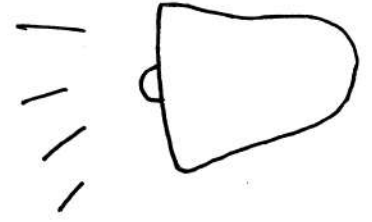
# + CITY HOSPITAL

Mr. John

Mr. John

Please come in

Doctor is waiting for you



Mr John explained about his Signs & Symptoms to the doctor



"Don't worry Mr John Let me check your eyes & skin. could you tell me more about your diet Please"

Doctor, I'm a night shift Security guard.

I wake up around 11.00 am because I come from work around 6am.

I eat something from fast food corner



That meal covers both my breakfast & Lunch Before I back to work I take my dinner a rice & curry I'm not a man, caring about meal It's under my budget ha! ha!!



Mr John, your skin is really dry & also the eyes. Bad vision in low lights is also not a good sign.

I think you must care about your meal more.

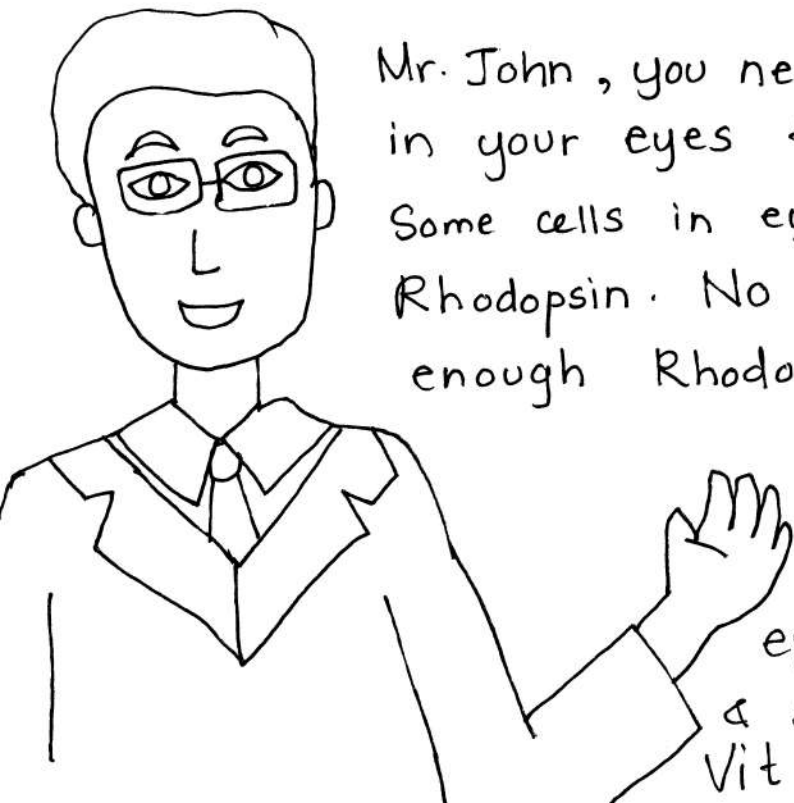
All your signs & symptoms suggest me that you have Vitamin A deficiency!!



Ah!!

Vitamin A deficiency!!

Can it make me this much problems?



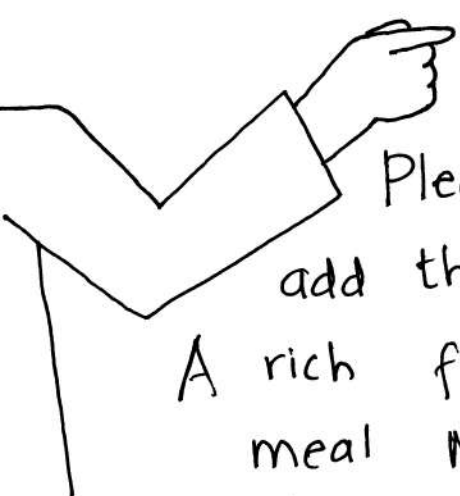
Mr. John, you need a pigment called Rhodopsin in your eyes to see in low light. But some cells in eyes need vit A to produce Rhodopsin. No enough Vitamin A, then no enough Rhodopsin!!

And you know mucosa, the lubricant layers in your eyes, Gastrointestinal tract & so many other places. Without Vit A they will dry out

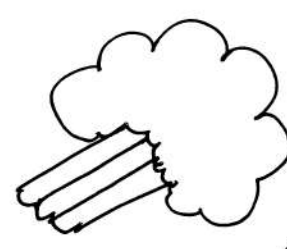
Not only that  
If you don't care  
about your meal  
continuously, your  
bones will easily  
be cracked.  
Specially your teeth.



Vitamin A deficiency  
can cause problems  
in fertility too.



Please try to  
add these vitamin  
A rich foods to your  
meal Mr. John.  
under your budget ha!!



Dark green leafy  
vegies

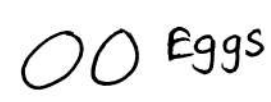


Yellow  
orange or  
Scarlet vegies

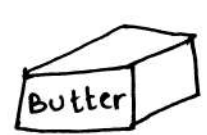
Avoid "Fast foods"  
They are low in nutrients  
Nothing you get but diseases!!



Liver  
(but not too much)



Eggs



(Milk fat is  
important)

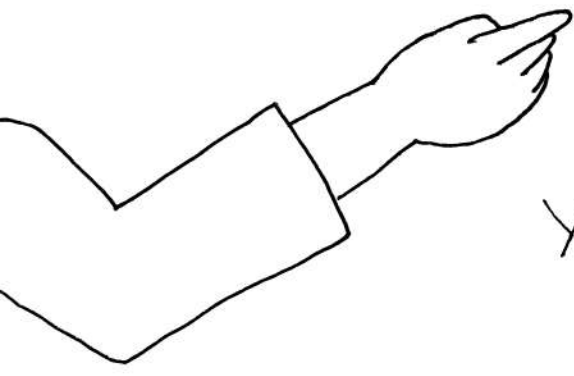
Because Vit A is a  
fat Soluble vitamin



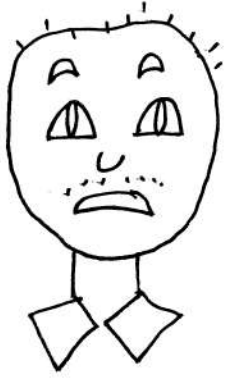
Thank you  
doctor  
Hereafter,  
I eat more &  
more & more  
Vit A rich  
foods



Oh!  
NO NO  
Not too  
much



Too much vitamin A will  
Cause Toxicity.  
You will experience ,



Severe to  
total  
Hair loss

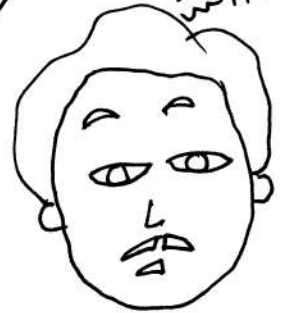


Dry skin



Fatty &  
Jaundiced  
Liver

Fatigue  
Headache



Painful bones



Everything  
Should have  
a Limit



Yes!

Another important  
thing; please  
add some foods  
with Zinc like Legumes  
Seeds, dairy, Sweet potato  
into your meal, because  
Zinc helps to transport  
Vit A. ha!

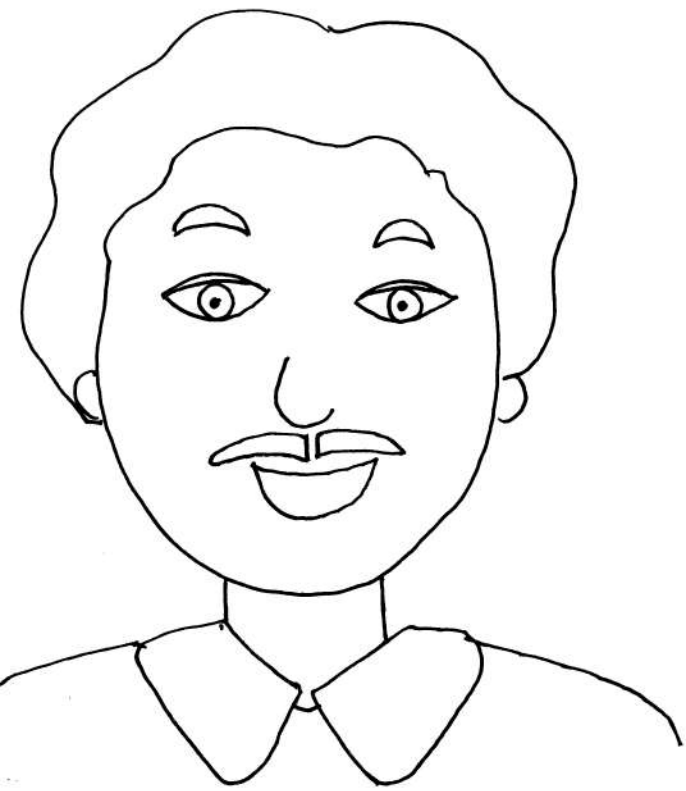


Mr John

As you have more  
Serious vitamin A deficiency  
signs, take this Supplement, But care about your DOSE



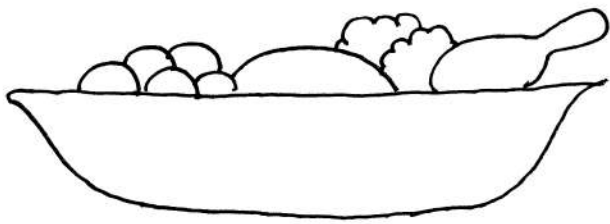
Thank you  
very much  
Doctor.



By the time Mr. John  
feels better

He really cares about a  
healthy meal

He manages it according  
to his budget.



# NEWS

All the systems of Mr John's body are  
back to work after receiving adequate  
amount of Vit A.

