



HOW DO



ESSENTIAL VITAMINS



HELP NURSING MOMS?



Vitamin A supports the immune system.



Vitamin B5 promotes healthy digestion and helps in faster wound healing.



Vitamin C is essential for wound healing, especially after surgery.



Vitamin D is vital to have stronger bones.



Vitamin E is essential to keep the muscles healthy and makes healthy RBCs.



Vitamin H is vital for good skin, hair, and nail health.