This week think about things that make the body better.

Week Commencing 6th July 2020

How The Body Works

Vitamins and supplements

What do these do for the body:

1. Vitamin C
2. Vitamin D
3. Magnesium
4. Zinc
5. Evening Primrose oil
6. Echinacea
7. What can you take for healthy skin and nails?
8. What can you take for healthy hair?

If you need to get in touch, contact me at:

[llord@beverleyschool.org.uk](mailto:llord@beverleyschool.org.uk)