



Phone: (021) 5565553

Fax: (021) 5565554 / 0866171335

E-mail: info@alimenti.co.za

Website: www.alimenti.co.za

Is there enough vitamin B in your diet?

If recent health efforts have you eating less meat, consider adding a vitamin B12 supplement to your diet.

Most meat eaters get plenty of vitamin B12 from their diets, but people who don't eat meat or who eat very little may not get enough B12 for good health. That is because this nutrient, which helps maintain healthy nerve cells, is found almost exclusively in animal protein. If you don't eat any animal products please add a B12 supplement.

Our Al-Fi Soy milk also has added vitamin B12.

Until next time have a blessed week!

ALFIE