

VITAMINS FOR THE SOUL A TOPICAL DIGEST OF SCRIPTURE VERSES FOR INSPIRATION AND INSTRUCTION

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Functions and Food Sources of Some Common Vitamins

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Fat Soluble Vitamins (A, D, E, K) can be stored in the body and need not be consumed daily. While it is difficult to “overdose” on them from ordinary sources, consuming mega doses of fat soluble vitamins, especially A and D, can lead to a dangerous build up in the body.

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Best Vitamins for hair loss treatment [BEST VITAMINS AND REMEDIES TO STOP HAIR FALL AND GROWTH]

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Vitamin Function Food sources Symptom of deficiency Symptom of excess Vitamin B12 Helps produce red blood cells Maintains healthy nervous system Promotes appetite Helps in protein metabolism Dairy products, fish, eggs, liver, meat Anaemia Slowness in thinking, emotional chaos, poor memory Weakened sensation Uncommon : Vitamin C Helps synthesize collagen; promotes the growth and repair of cells ...

Vitamin Function Food sources Symptom of deficiency excess

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1. Acts 2:39 The promise is for you and your children and for all who are far off--for all whom the Lord our God will call. . Sunday 2. John 12:26 Whoever serves me must follow me; and where I am, my servant also will be.

Vitamins for the soul week 7 - [PDF Document]

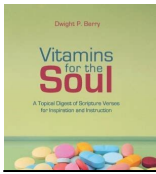
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Soul vitamins are bite-sized pieces of God's word that give us strength and health. They are like “mantras” for your soul; “something which protects the mind; a word (or phrase) repeated to aid in concentration in meditation; considered capable of



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Soul Vitamins - Come to the Banquet

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The fat-soluble vitamins, A, D, E, and K, are stored in the body for long periods of time and generally pose a greater risk for toxicity when consumed in excess than water-soluble vitamins.