

Title:

The Importance of Fat Soluble Vitamins

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362

Summary:

While taking a multivitamin everyday is a good idea, some health professionals raise concern o

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Article Body:

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There are 13 essential vitamins (A, C, D, E, K, B12, and the 7 B-complex vitamins). Each vitam

Since fat-soluble vitamins can remain in the body for an extended period of time, it is this i

The need for vitamin supplementation is another issue with fat-soluble vitamins. Since water-s

Nutrition experts recommend that an individual consult a medical professional before creating

To check out the supplement we take daily and highly recommend, be sure to check out [http://ww](http://www)

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