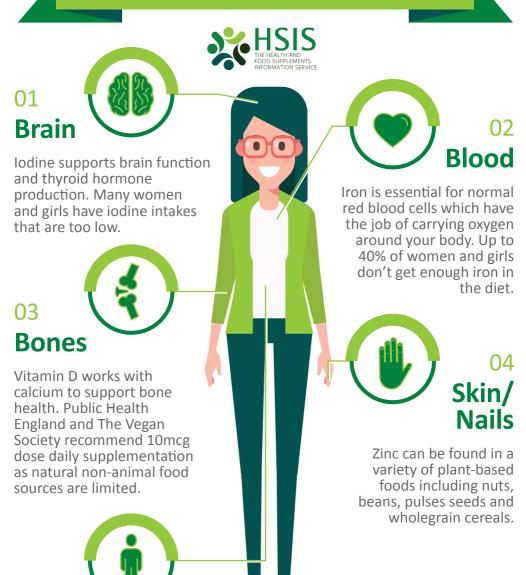
DON'T MISS OUT WHEN YOU GO VEGETARIAN OR VEGAN!



Everywhere

Normal nervous function depends on the activity of B vitamins. One of these, vitamin B12, is difficult to get from a vegan diet so top up with a specific supplement or a B complex.

05