Help

In addition to lotsa water, a healthy diet, fresh air, rest, and as little stress as possible, these vitamins can help your liver out if you get fatigue, muscular aches, hair loss, and skin problems. Good for anyone with a poor diet.

Vitamin C: Good for anyone who eats like a bird or for vegetarians. Promotes normal growth and development. Alkalizes wounds, to protect for resistance to infection. Maintain healthy blood cells. Your body makes vitamin C against stress and illness. Good for anyone who eats like a bird. Also for help passing bile.