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Vitamin B1 Vitamin B2 Vitamin B6  
Vitamin C Folate (folic acid) 0,005 0,02  
0,01 0,05 5000 0,003: Banana: Vitamin  
A Vitamin B1 Vitamin B2 Vitamin B6  
Vitamin C Folate (folic acid) 0,008 0,04  
0,03 0,36 10.000 0,016: Blackberries:  
Vitamin A Vitamin B1 Vitamin B2 Vitamin  
B6 Vitamin C Folate (folic acid) 0,015



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Vitamin E is a group of 8 fat soluble vitamins with antioxidant properties. It is an important member of the vitamin community which is crucial for our health. "Vitamin E travels throughout the body neutralising free radicals which would otherwise damage fat-containing structures like cell membranes and brain cells", says Dr. Manoj K. Ahuja, Sukhda Hospital.

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