Fold the flaps to make a “petal” book.

Write the fat soluble vitamins on this flap.

Fat soluble vitamins can be stored in the body.
They are stored in the liver.

This flap can help you remember which vitamins can be stored in the body.
A DRAKE is a male duck. Just remember though there is no vitamin R, that’s why it is a really tiny letter on the flap.

LIVER
VITAMIN STORAGE CENTER

Water soluble vitamins are not stored in the body.
Extras are washed out of your body in urine.

Write the water soluble vitamins on this flap.