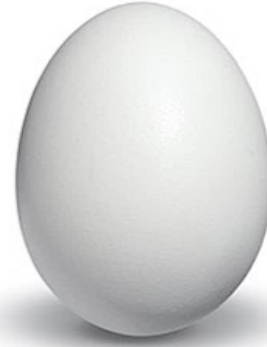




Sources of Vitamin D



Mushrooms
मशरूम
7 IU/100gm



Eggs
अंडे
87 IU/100gm



Milk
दूध
1 IU/100gm



Fish
मछली
99 IU/100gm



Curd
दही
3 IU/100gm