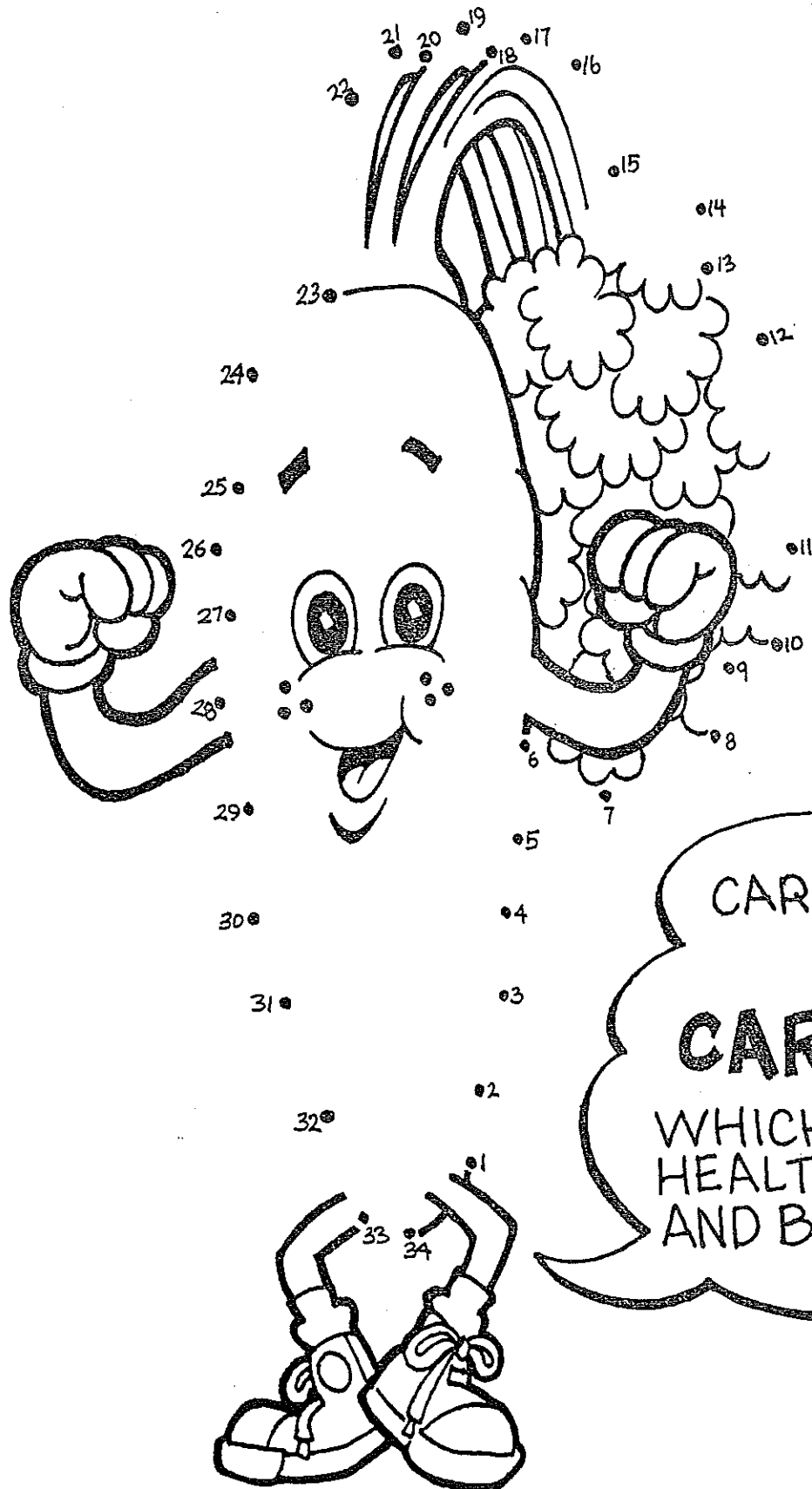


Why is Eating Carrots a Smart Thing to Do?



CARROTS CONTAIN
**BETA
CAROTENE**
WHICH HELPS BUILD
HEALTHY HAIR, NAILS
AND BODY TISSUES.