



# Vitamins

Music by Samuel Roberts

Lyrics by Paul Taylor

♩ = 150

G G G

What keeps your bo-

3 G A°/G A°/G

- dy mov - ing, And all your sen - ses groo - ving?

6 Em Em7 Am7

From the ti - ny green pea to the red straw - ber -

9 D G G

-ry. From A to K you will,

12 A°/G A°/G Em

Find vit - ta - mins ful - fil, Your nu -

15 C Am7 D7 G

- tri - tio - nal needs, From food that starts as seeds. Vi - ta -

18 B7(b13) B5 B Em

- min A keeps you fight - ing fit.

21 Em D D

Ca- rrots, man - go, spi- nach, pe - ppers,

24 G G F#

kale, are a hit! Vit - a - min B you

27 F# Bm Bm

get from sprouts and peas.

30 A C#° D C#6(b5) Bm7(b9) D7/A

Keep your nervous system strong like Hercules!

34 G G A°/G

Vi - ta - min C for hea - ling, O - ran - ges are

37 A°/G Em Em7

a-ppea - ling, For heal - thy bones and skin

40 Am7 D G

bro-cco-li is a win! From A to K

43 G A°/G A°/G

you will, Find vit - a - mins ful - fil,

46 Em C Am7 D7

Your nu - tri-tio-nal needs, From food that starts \_\_\_ as

49 G B7(b13) B5 B

seeds. Vi-ta - min D, mus - cles teeth and

52 Em Em D

bones. Di - rect con - tact



65 Bm7(b9) D7/A G G

needs. In lea - fy veg - you'll find,

68 A°/G A°/G Em

Vi - ta - min K, the ma - ster - mind, For clot - ting your

71 Em7 Am7 D

blood and hel - ping your wounds to heal.



74 G G A°/G

From A to K\_\_\_\_\_ you will, Find vit - ta - mins

77 A°/G Am/G Am7/G A7/G

ful - fil, A heal - thy way to be - gin the

♩ = 80 poco accel..

80 D D/F# Em

day. And it starts with A!

*p cresc.*

Red pe - ppers,

*p cresc.*

Vi - ta - vi - ta - vi - ta - mins,

*p cresc.*

♩ = 80 poco accel..

83 B7(b9) G E

B! C! D!

Ba - na - nas, Straw - be - rries, Sun on me,

Vi - ta - vi - ta - vi - ta - mins, Vi - ta - vi - ta - vi - ta - mins, Vi - ta - vi - ta - vi - ta - mins,

86 Am G C

E! And K!

Nuts and seeds, Bro - cco - li, Lea - fy greens,

Vi - ta - vi - ta - vi - ta - mins, Vi - ta - vi - ta - vi - ta - mins, Vi - ta - vi - ta - vi - ta - mins,

♩ = 150

89 C#m G/D G/D

Stay heal - thy with

*f*

♩ = 150

*f*

Ped. Ped. Ped.

92 D(SUS4) D(SUS4) G

fruit and veg in - side of me.

Ped. Ped.

95 G G G