25) Which of the following is a water-soluble vitamin and hence is required to be taken everyday?

- Aamalaki
- Vitamin C
- Soyabean
- Almond
- Tulasi

26) Which of the following is related to Ayurveda?

- Colostrum
- Vitamin D
- Iodine
- Food toxicants
- Phosphorus

27) Godhum which is rich in carbohydrates and according to Ayurveda is best known for

- Body building food
- Energy giving food
- Soyabean
- Vitamin C
- Guduchi