



## Supplements for Health

These days, many people in Japan use health supplements such as vitamins and minerals. Some companies sell supplements in supermarkets and drugstores. Many people buy such products, and by doing so they try to stay healthy. However, doctors say that eating a balanced diet is more important. People should think carefully about how to use supplements.

Your story should begin with this sentence: One day, Mr. and Mrs. Takahashi were talking in the living room.

