<table>
<thead>
<tr>
<th>Steve says:</th>
<th>Mary says:</th>
</tr>
</thead>
<tbody>
<tr>
<td>You don’t need to take vitamin pills if you eat a balanced diet. People who don’t eat a balanced diet get what they deserve.</td>
<td>I have a stressed lifestyle so don’t have time for regular meals. I need vitamin pills to help me stay healthy.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunita says:</th>
<th>Anil says:</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Grandad is 84 and has never taken a vitamin pill in his life. He is fit and healthy. Vitamin pills are not needed for a long life.</td>
<td>Vitamin pills are only needed for people at risk of deficiency diseases.</td>
</tr>
</tbody>
</table>