

Vitamins

Mabel

Sha-la-la-la, ah-ah
Sha-la-la-la, ah-ah

I don't know what you doin' later, baby, if you made plans
So grab this opportunity and my body with both hands
You just need a little bit of me (Sha-la-la-la)
I can help you get a better sleep
But I ain't gonna tell you what to do, you a grown man
But if you want me

I'll be your vitamins, five a day
Ginger and cinnamon, I'll be so good for you
Have you swimmin' in lovin' waves
Tell me when you're givin' in, I'll be so good for you

I'll be good for you
A little discipline, that be so good for you
I'll be good for you
(Sha-la-la-la, sha-la-la-la)

You've been workin' late again
You run your body down, where does it end? (Ah)
I've been thinkin' we could spend a slow long weekend

You ain't nineteen no more (No more)
So what you doin' all of this for? (This for)
But I ain't gonna tell you what to do, you a grown man
But if you want me

I'll be your vitamins, five a day
Ginger and cinnamon, I'll be so good for you
Have you swimmin' in lovin' waves
Tell me when you've givin' in, I'll be so good for you

I'll be good for you
A little discipline, that be so good for you
I'll be good for you
(Sha-la-la-la, sha-la-la-la)

Mm, five a day
Oh, I'll be so good for you
Five a day
I'll be your vitamins (Oh)
I'll be your vitamins (Five a day)
I'll be your vitamins
I'll be your vitamins
Sha-la-la-la, ah-ah
Sha-la-la-la, ah-ah
Sha-la-la-la, ah-ah