Use the simplex method to solve the following problem.

Mark, who is ill, takes vitamin pills. He needs at least 100 units of vitamin D and at least 50 units of vitamin C. He can choose between three types of pills: Abba pills, Beetle pills, and Courtney pills. Abba pills contain one unit of vitamin D, two units of vitamin C and costs two cents per pill. Beetle pills contain one unit of vitamin D, one unit of vitamin C and costs one cent per pill. Courtney pills contain one unit of vitamin D, zero units of vitamin C and costs three cents a pill. How many of each type of pill should Mark buy to minimize his cost? Interpret the shadow prices.