

5 POWER FOOD PAIRINGS

Rutin + Vitamin C = Stronger Heart



Buckwheat



Bell Peppers

Zinc + Sulphur Compounds = More Energy



Pumpkin



Onions

Calcium + Inulin = Stronger Bones



Broccoli



Garlic

Iron + Vitamin C = More Energy



Tomato



Spinach

Genistein + Capsaicin = Reduce Inflammation



Soybean



Chili Pepper

Sources:

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