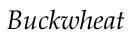


Rutin + Vitamin C = Stronger Heart









Zinc + Sulphur Compounds = More Energy



Pumpkin



Onions

Calcium + Inulin = Stronger Bones



Broccoli



Garlic

Iron + Vitamin C = More Energy

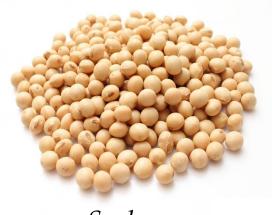


Tomato



Spinach

Genistein + Capsaicin = Reduce Inflammation



Soybean



Chili Pepper

www.womansday.com/health-fitness/nutrition/7-super-powered-food-pairings-125087 www.care2.com/greenliving/9-healthiest-food-pairings.html www.familycircle.com/recipes/healthy-eating/tips/health-boosting-food-pairings/?page=3 mensfitness.com/nutrition/what-to-eat/fantastic-food-pairings-that-fight-for-your-health?p

Sources:

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