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If you have to
decide between two
snacks and one is
an apple, your
decision is simple
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Secret Side Effects
of Eating Apples,
Says Science
In Dresden,
Germany, there is a
museum called the
Green Vault. And in
the Green Vault lies
perhaps the most
remarkable fruit art
of all time... Its
anonymous creator

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Rich 113 distinct
human heads into ...
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Top Health Benefits
Of Cherries & How
To Enjoy Them

Blueberry extract
has rich
phytochemical
properties and is
high in antioxidants,
making it ideal for
the pharmaceutical
and supplement

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industries. In addition, organic blueberry extract is used for ...

Global Blueberry Extract Market Size Estimated to Reach \$394.92 Million by 2026

Who doesn't love indulging in a bar of rich, creamy chocolate? Didn't

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you just drool at the thought of it? We bet you did! That 's because chocolate does that to you. Well, it ' s time for us to leave ...

On World Chocolate Day, let ' s find out which chocolate is the healthiest (July 7) and while this means we're

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totally allowed to crack open a bar to mark the day, it might help ease the guilt to know that there are plenty of reasons chocolate is good for you. Yep, ...

It's World Chocolate Day - so here's all the excuses you need

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If you grew up in America, odds are good that when you think of jujubes, the super sticky gummy candies that used to be a chore to chew come to mind. But those who grew up in other parts of the ...

Jujube Is an
Antioxidant-Rich

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Superfood That ' s
Been Shown To
Help With Sleep and
Digestion

They have health-
promoting
properties such as
antioxidant, anti-
inflammatory, and
liver health-
promoting
activities. Because
of their health-
beneficial

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properties, they are applicable in a variety ...

Global
Phytonutrients
Market 2021-2027
Trends, Research
Report, Growth
Trends,
Opportunities,
Forecast to 2027
It is rich in phenolic
compounds ... Most

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Rich of these bioactive
compounds present
in corn silk
exhibited
antioxidant
properties and
confer health
beneficial effects
against several
chronic and ...

Nigeria ' s medicinal
plant: Stigma
maydis (Irukere

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agbado)

The latter two factors can be achieved thanks to this formula ' s rapid defense response, high antioxidant levels ... is one of the most promising phytochemicals that target various cancers ...

Best Immunity

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Boosters (2021)

Top Immune
System

Supplements

Additionally,
blueberries are rich
in antioxidants
which protect your
... Anthocyanins are
members of the
flavanoid group of
phytochemicals
(chemical
compounds

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Risk (produced by plants)
and are known ...

Phytochemicals

Tori Erickson: Try
Red, white and
blueberries!

Mandarin oranges
are citrus fruits that
have health benefits
due to their vitamin
C content. One
mandarin provides
about a third of a
person ' s daily

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Rich requirement of
vitamin C and is an
easy way ...

What are the health
benefits of
mandarin oranges?
They taste good,
and they ' re full of
nutrients, including
antioxidants. “ The
fruit and its
products such as
arils and juice are

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rich in
phytochemicals and
are considered a
' superfood ...

UF/IFAS plows
forward to breed
and grow a
' superfood, ' the
pomegranate
The soothing
properties of Jujube
seeds include
saponins and

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flavonoids as well
as polysaccharides
and antioxidant
phytochemicals.

This extract can
help you sleep
better and calm
your nerves. Celery
...

DentaForce
Reviews – (SCAM
or LEGIT)
Ingredients, Price,

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and Side Effects?

Combining
antioxidant-rich

onions, metabolism-
revving jalapeños,
and weight loss-
promoting citrus,
salsa is already
home to a wealth of
good-for-you
ingredients. But, its
main component ...

The Best Summer

Page 20/22

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" This means pursuing a diet that ' s rich in ... a high level of antioxidants, which help to fight the free radicals that can lead to wrinkles. "A high percentage of cocoa (70% and above) is abundant in ...

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