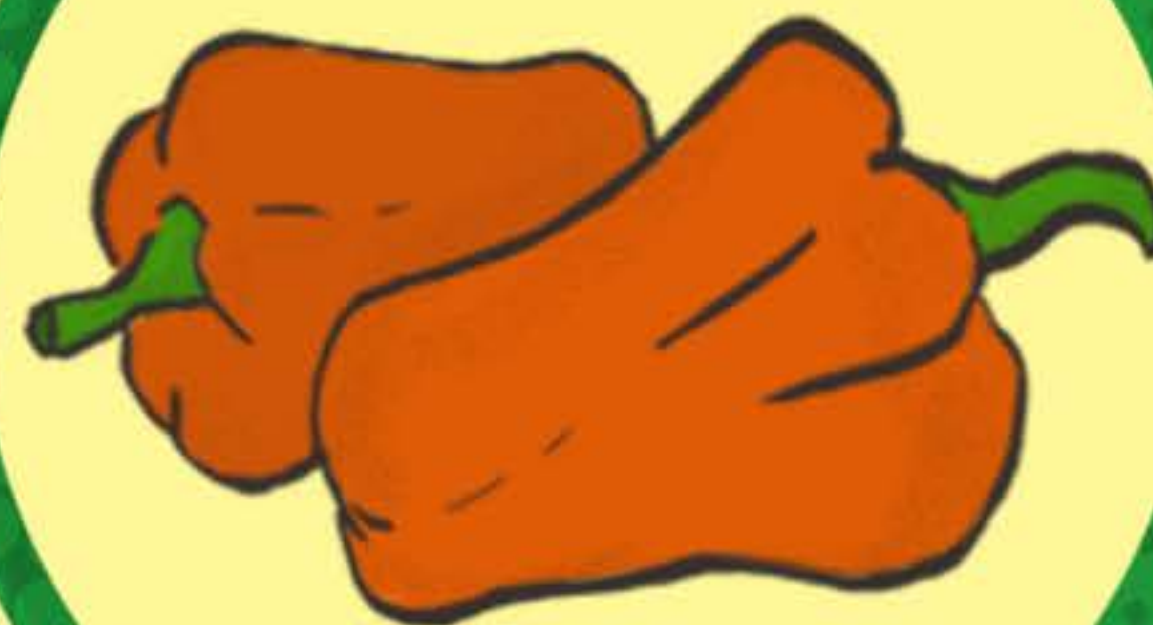


A STRONG IMMUNE SYSTEM IS OUR BEST SHIELD AGAINST ILLNESS.

Try these **immune-boosting** foods today!



Citrus Fruits such as oranges, calamansi and lemons that contain **Vitamin C**



Red bell peppers that contain twice as much **Vitamin C** as citrus

#WeHealAsOne #OurPhilHealth



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Try these **immune-boosting** foods today!



Broccoli that is packed with
Vitamins A, C and E



Garlic that contains **allicin**
that can reduce the risk
of getting colds



Ginger that has **anti-inflammatory**
and **antioxidative** properties

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Spinach that
is packed with
antioxidants and
beta carotene



Yogurt that
is a great source
of **Vitamin D**



Turmeric that
contains **curcumin**
which has
antioxidants and
anti-inflammatory
effects

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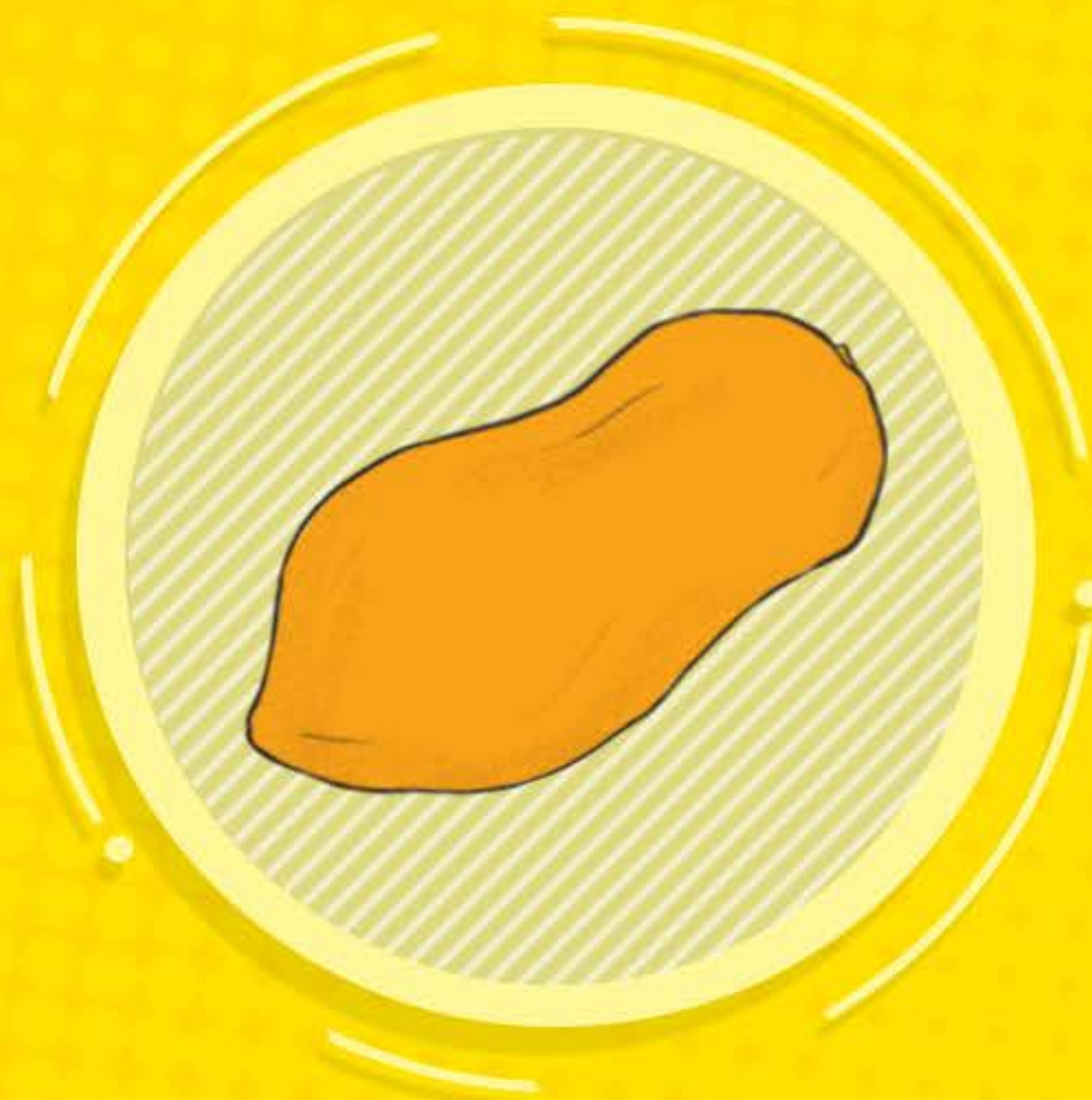


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Green Tea that contains **flavonoids** which may reduce the risk of getting colds



Papaya that has a digestive enzyme called “**papain**” that has **anti-inflammatory** effects

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