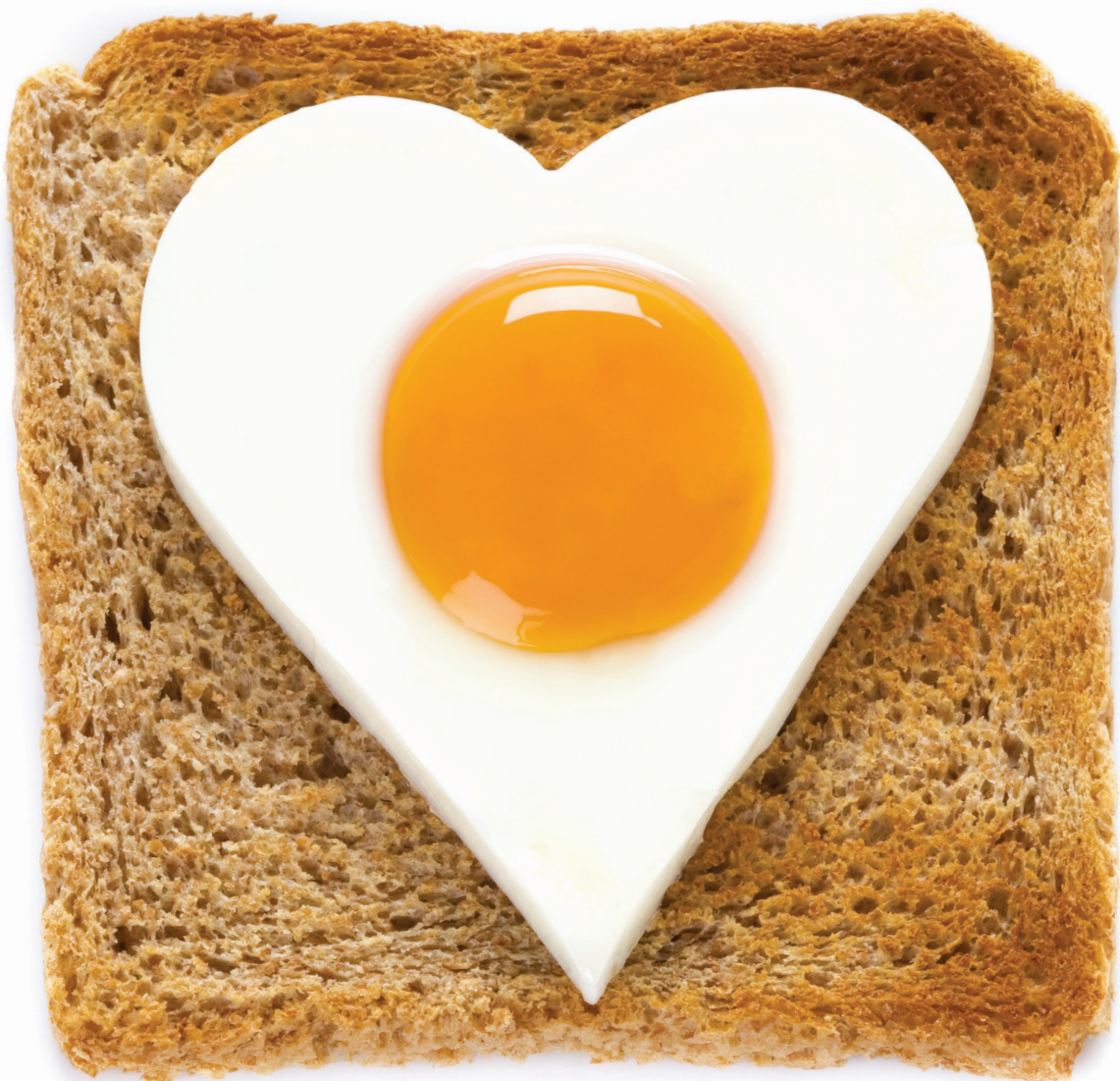


# Èske w te konnen?

## Chwazi ze!



Ze:

- Gen anpil Vitamin D, B2, B6 & B12
- Sipòte zo ak sante iminitè
- 3-6 ze pa semèn bon pou sante kè ou
- Bon sous eleman mineral ke kò w bezwen tankou zenk, fè ak kuiv



Konsèy sou alimantasyon:

- Lè ou ap pare ze, pare li ansanm avèk lòt aliman ki bon pou kò w tankou zaboka, tomat, zonyon ak manje ki gen grenn antye



\*Nova Southeastern University Quality of Life Grant funded [www.NSUCaribbeanhealth.com](http://www.NSUCaribbeanhealth.com)

*Bòn alimantasyon, vi aktiv*