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TO BE HEALTHY!



ENJOY  
IT'S FROM  
EUROPE



#

DID  
YOU  
KNOW

That pumpkins are a member of the gourd family? They also are rich in **VITAMIN A** and **SELENIUM**, which can help keep your immune system going this autumn<sup>1</sup>.



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<sup>1</sup><http://www.aprifel.com/fiche-nutri-produit-allegations-potiron,88.html>