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TO BE HEALTHY!



DID  
YOU  
KNOW?

It's high season for Brussels sprouts<sup>1</sup>! They're super tasty with walnuts and/or bacon and give you a boost of **VITAMIN C** and **B9** which both help you keep normal **BRAIN FUNCTIONS**, to start the new year as fresh as a daisy!



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<sup>1</sup> <http://www.aprifel.com/fiche-nutri-produit-allegations-chou-de-bruxelles-cru,80.html>

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