

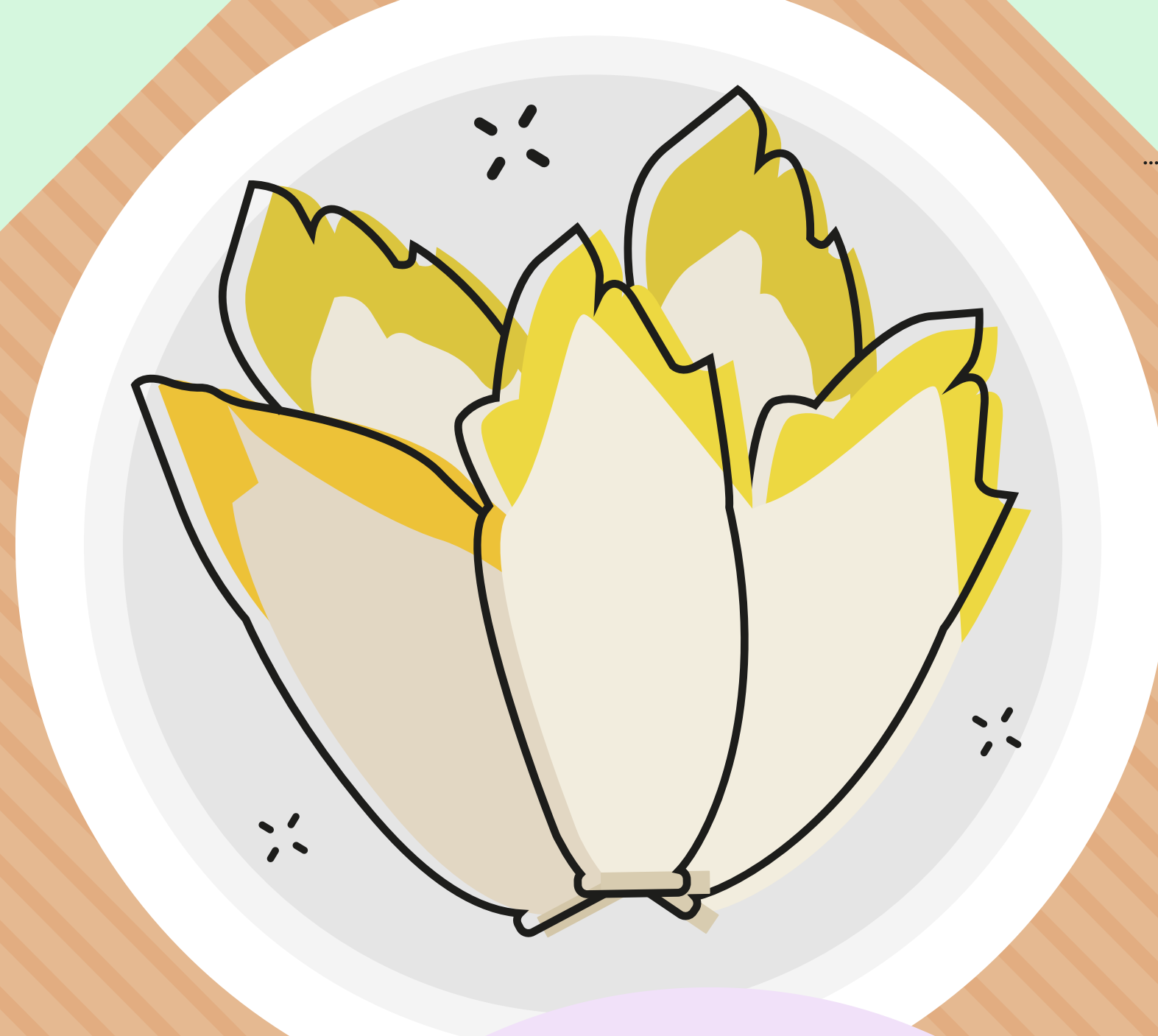
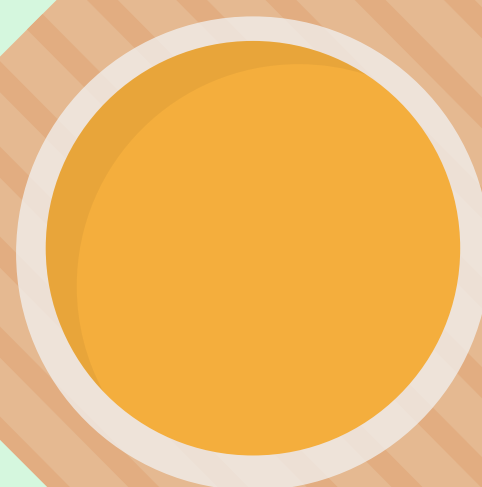
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TO BE HEALTHY!

WITH EUROPE

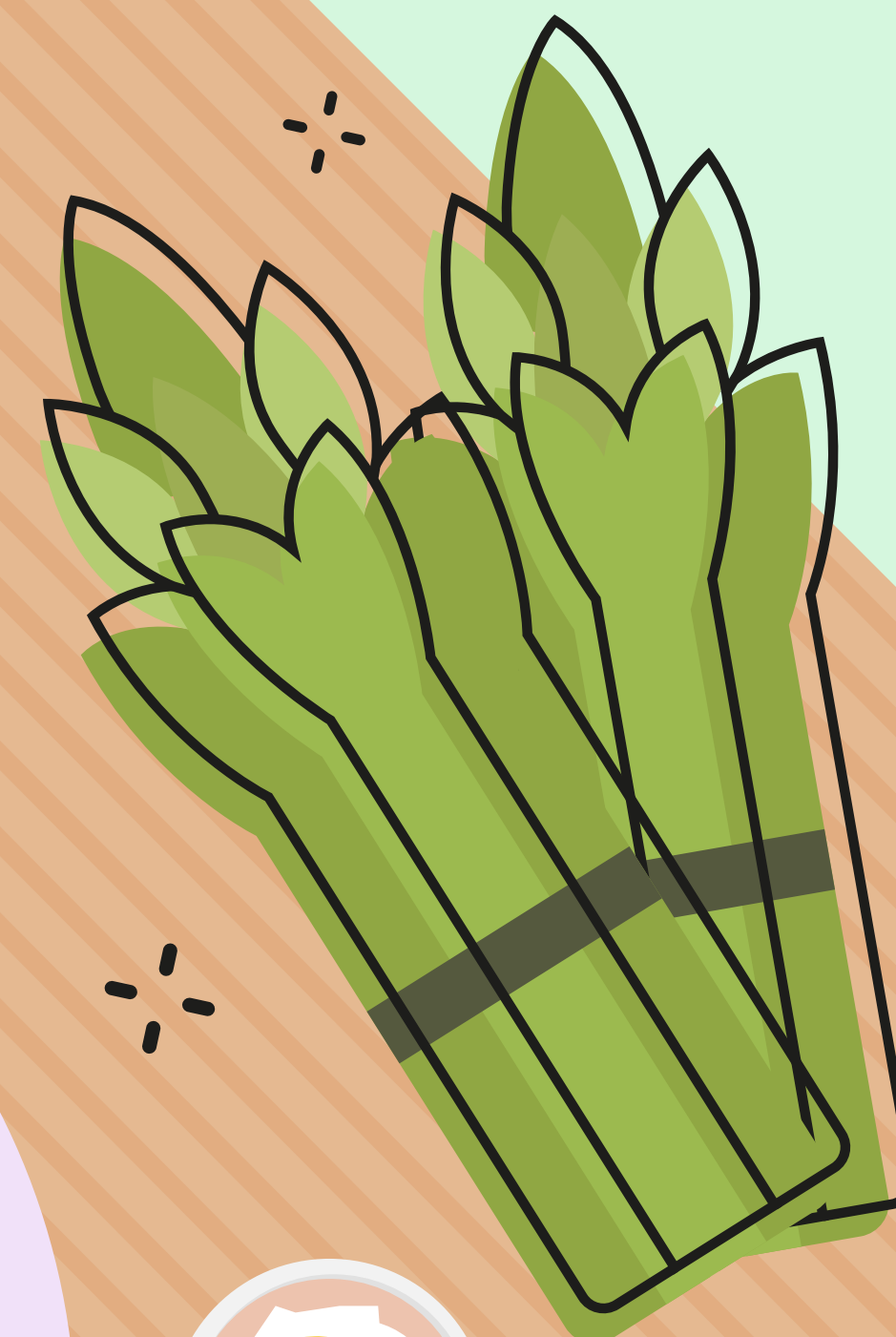
#400GCHALLENGE

FIGHT BACK WITH FRUIT & VEG

A diet high in fruit and veg provides your body with nutrients like iron, copper, vitamins A & C. These are essential for your immune system -helping you fend off colds and illnesses this season, in a fresh and healthy way.



Endives is a  
**SOURCE OF FOLATES<sup>1</sup>**



Asparagus is  
**RICH IN FOLATES<sup>3</sup>**

Grapefruit and other  
citrus fruits are  
**RICH IN VITAMIN C<sup>2</sup>**



ENJOY  
IT'S FROM  
EUROPE

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



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<sup>1</sup> <http://www.aprifel.com/fiche-nutri-produit-allegations-endive,91.html>  
<sup>2</sup> <http://www.aprifel.com/fiche-nutri-produit-allegations-pomalo,9.html>  
<sup>3</sup> <http://www.aprifel.com/fiche-nutri-produit-allegations-asperge,94.html>



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