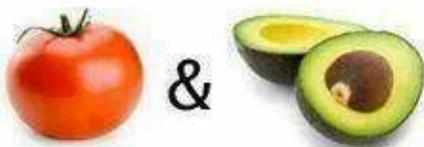


Food Synergy

FOODS THAT WORK BETTER TOGETHER:

Livelovertime



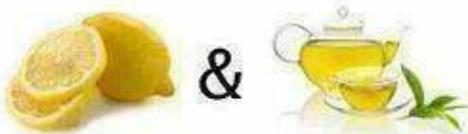
Tomato & Avocado

Lycopene in tomatoes is best absorbed in the intestinal tract when combined with healthy fats like avocado



Chickpeas & Beet Root

Chickpeas are rich in vitamin B6, a vitamin that helps the body absorb magnesium in magnesium-rich foods like beets



Lemon & Green Tea

Vitamin C in lemons allows the body to absorb catechins (antioxidants) in green tea, increasing the benefits of green tea



Broccoli & Tomato

The cancer-fighting substances in tomatoes and broccoli work best when paired together than when eaten alone



Lemon & Kale

Vitamin C (highly abundant in lemons) makes plant-based iron (such as iron-rich kale) more absorbable in the body.