

Boost Your Immune System!

A central circular image shows a bowl of mixed vegetables and fruits, including broccoli, carrots, and green beans. Surrounding this central image are various other food items: a chicken drumstick, an orange, two eggs, a glass of water, a carton of milk, a whole orange, a kiwi, a bowl of blueberries, a bowl of raspberries, a bowl of almonds, a bowl of walnuts, a bowl of cashews, a bowl of pistachios, a bowl of almonds, a bowl of walnuts, a bowl of cashews, a bowl of pistachios, a bowl of almonds, a bowl of walnuts, a bowl of cashews, a bowl of pistachios. A red arrow points from the bottom left towards the center, and a blue arrow points from the center towards the top right.

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