



LINDGREN
functional medicine

SOURCES OF ANTIOXIDANTS

APPLES



GARLIC



BERRIES



GREEN TEA



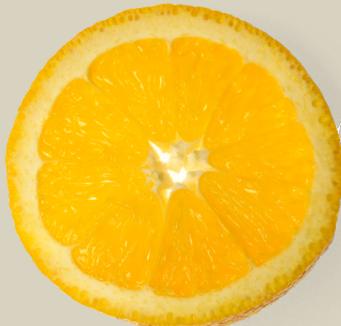
PECANS



EGGS



CITRUS



LEAFY
GREENS



TOMATOES



ARTICHOKE



BEANS