



LINDGREN  
functional medicine

# SOURCES OF Vitamin C



GUAVA

KIWI



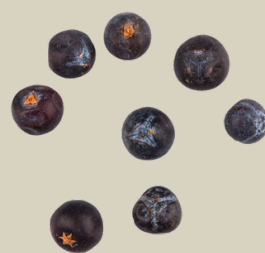
BERRIES



BELL  
PEPPERS



BLACK  
CURRANTS

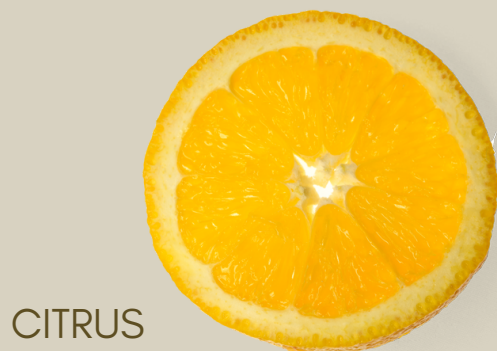


LEAFY GREENS

PAPAYA



PINEAPPLE



CITRUS

TOMATOES



BROCCOLI