



LINDGREN
functional medicine

SOURCES OF Vitamin C



GUAVA

KIWI



BERRIES



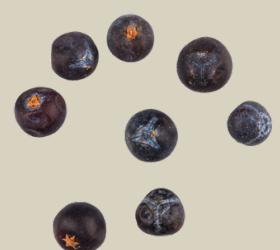
LEAFY GREENS

BELL
PEPPERS



PAPAYA

BLACK
CURRANTS



PINEAPPLE



CITRUS



TOMATOES



BROCCOLI