

5 Portions of Fruits and Vegetables for Better Health

{1 SERVING = A HANDFUL}



**5** Super for Brain

**4** anthocyanin

**5** folate



**1** thiamine



**2** selenium



**3** protein & Pyridoxine

\* Recommended by Nutritionists from Bangkok Hospital



Hop on 5 a Day Lifestyle  
from NOW ON!



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