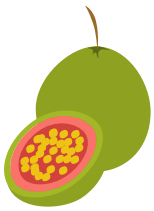
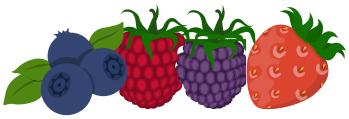
CENTRAL HEALTH

SOURCES OF
VITAMIN C



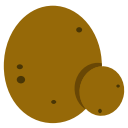
GUAVA

KIWI



BERRIES

BELL PEPPER



POTATO

PINEAPPLE

CITRUS

LEAFY GREENS

BROCCOLI

PAPAYA

Updated 04/04/2024