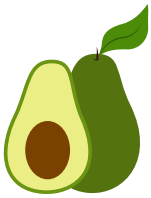
CENTRAL HEALTH

SOURCES OF
VITAMIN E

ALMONDS



AVOCADO

BELL PEPPER

SUNFLOWER SEEDS

PEANUTS

HAZELNUTS

SPINACH

EXTRA-VIRGIN OLIVE OIL

PUMPKIN

Updated 04/04/2024