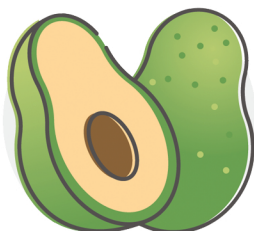
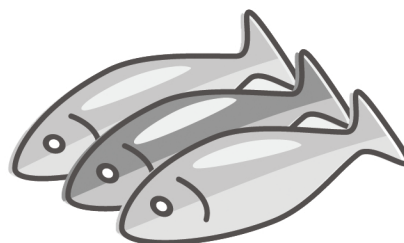


HEALTHY FAT



Avocado (and oil)



Sardines



Coconut (and oil)



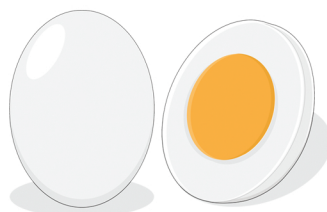
Nuts



Seeds



Olives (and oil)



Egg Yolks



Salmon



Grass-Fed Butter & Ghee



GastroDoxs
—defenders of the digestive system—