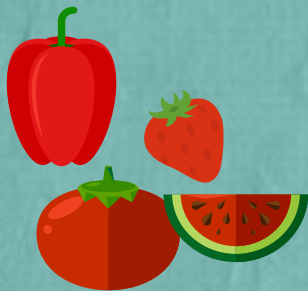


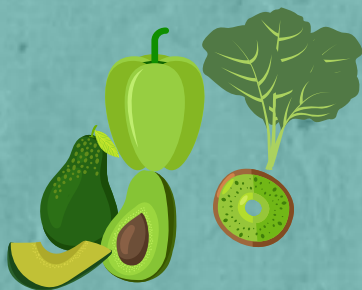
# I COLORI SALUTE



● **ROSSO**



antiossidanti  
licopene



● **VERDE**



clorofilla,  
magnesio  
vitamina C



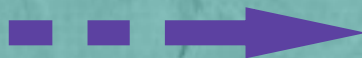
● **GIALLO - ARANCIO**



carotenoidi  
luteina  
zeaxantina



● **BLU - VIOLA**



antiossidanti  
antocianine



● **BIANCO**



allicina,  
composti  
solforati

Martina  
la salute in cucina