

Info shared by Pitbull SA.

Manjaro APBT kennel.

South Africa.

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Looking at "flavonoids" in fresh produce.

"Flavonoid" and also some trace minerals, such as "selenium" the hormone "melatonin" are the coloured pigments found in fresh fruit, vegetables, berries, herbs, sprouted grains and some seeds.

The flavonoids are antioxidants and known to reduce inflammation, and support the immune system particularly with respiratory issues, allergies, and skin problems.