

Stay healthy and boost immunity with these superfoods



Summer fruits that can boost immunity too

VITAMIN C



Lemon, papaya,
guava, pineapple
& amla

VITAMIN A



Mangoes &
papaya

VITAMIN D



Orange juice

VITAMIN E



Avocado &
walnut

IRON



Dates, Chikoo
& pomegranate

ZINC



Apple, apricots
& banana.

Tulsi, Ginger, and Mint

Loaded with antioxidants and flavonoids that help in boosting the immune system.



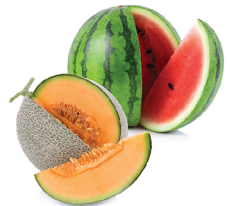
Cucumber

They are 95% water which makes them great for summers.



Melons

Watermelon and Muskmelons contain disease-preventing vitamin A and phytonutrients.



Curd & Buttermilk

These are natural coolants to aid digestion and help good gut bacteria cultures thrive.



Green Smoothies

Green smoothies are unparalleled to detox liver, add fibre to the daily diet.

