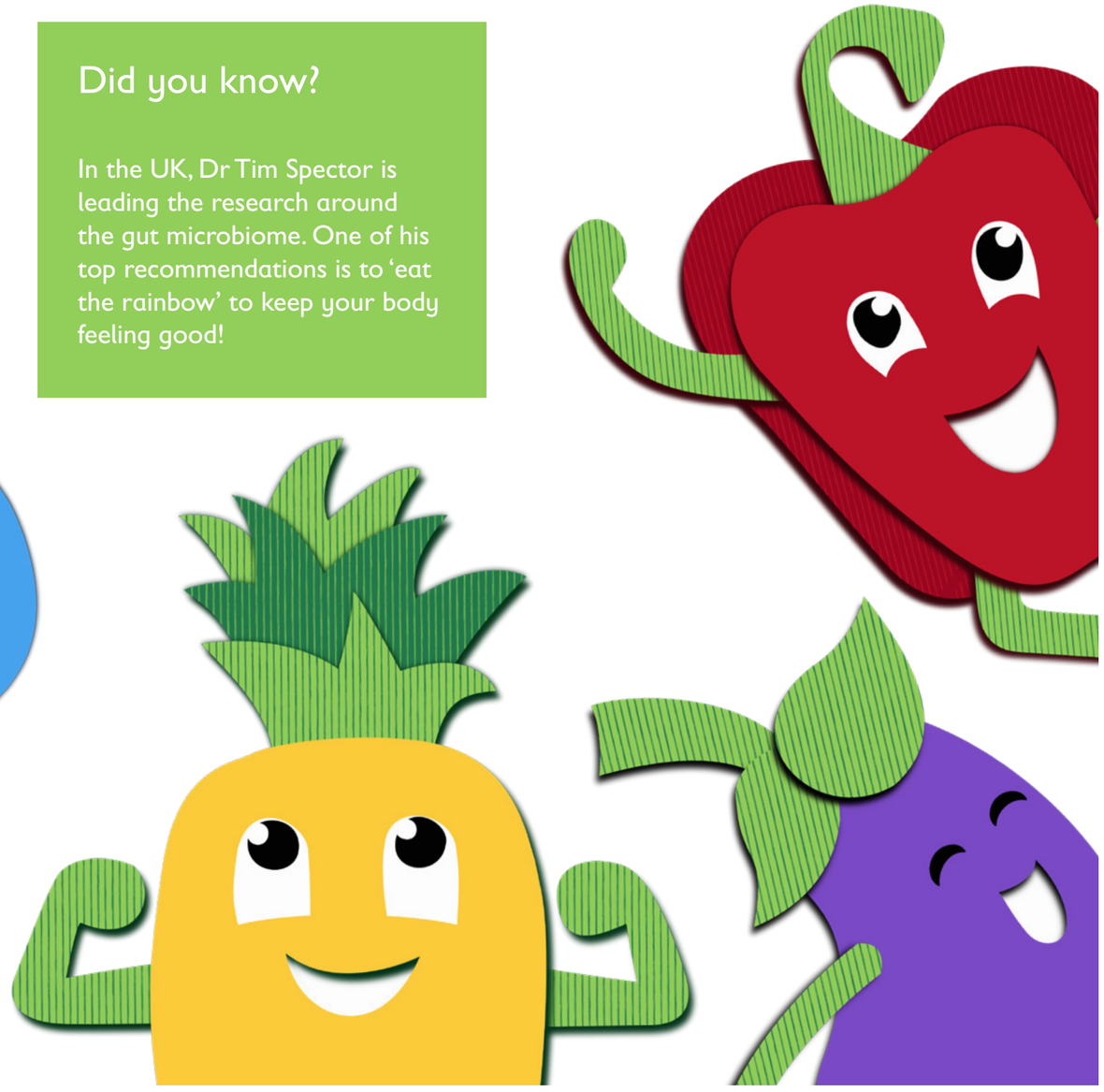
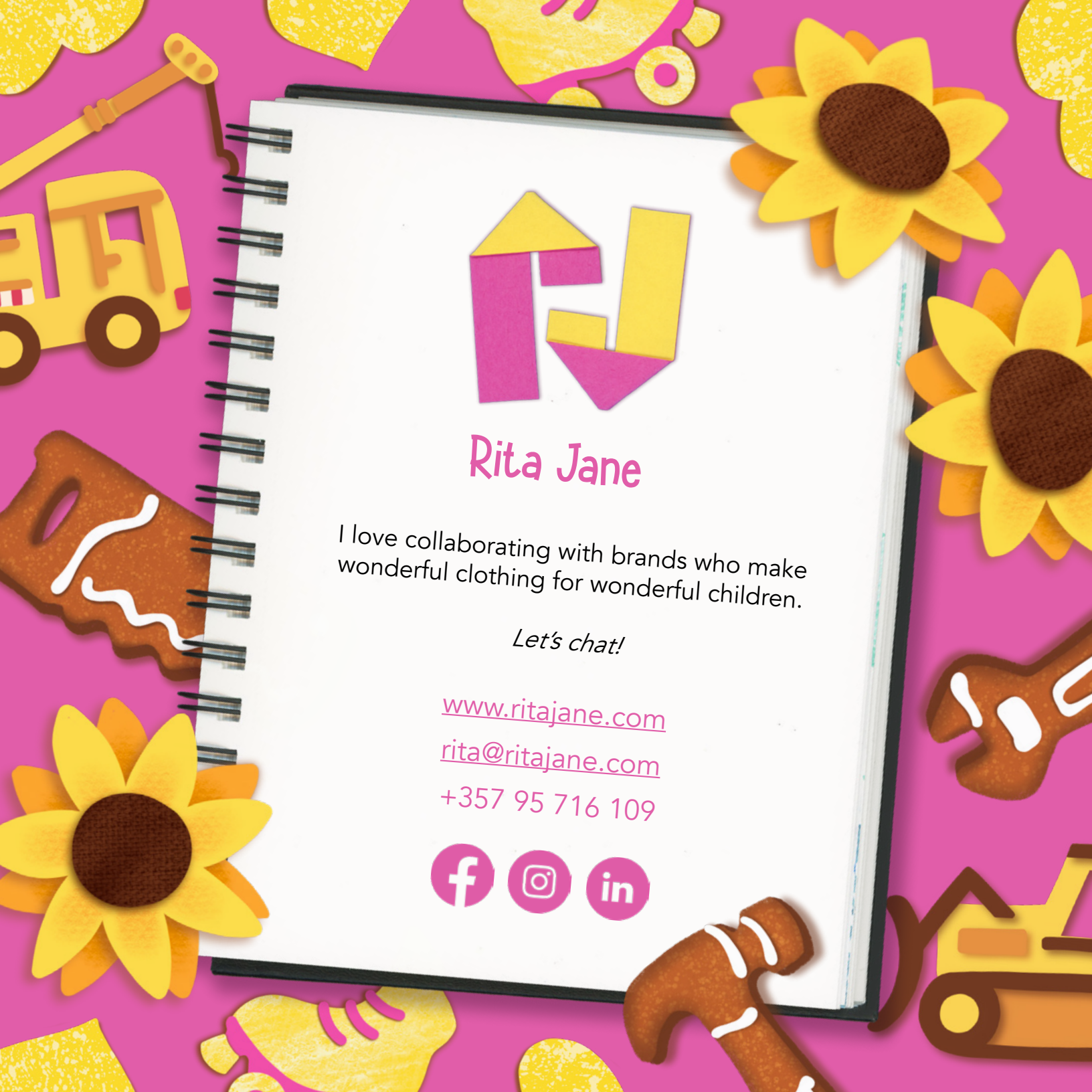
EAT THE RAINBOW

Did you know?

In the UK, Dr Tim Spector is leading the research around the gut microbiome. One of his top recommendations is to 'eat the rainbow' to keep your body feeling good!

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