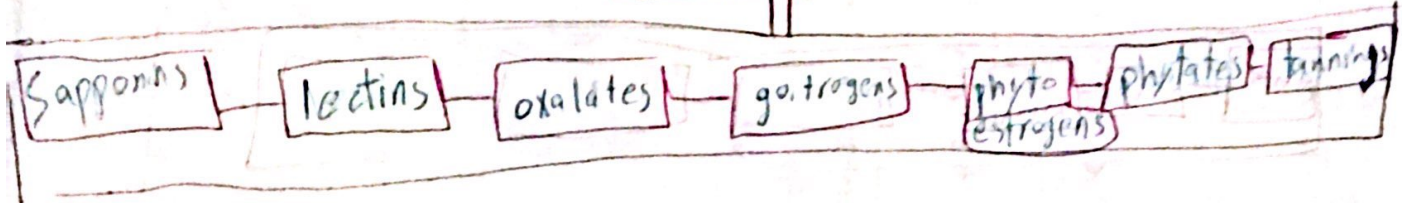
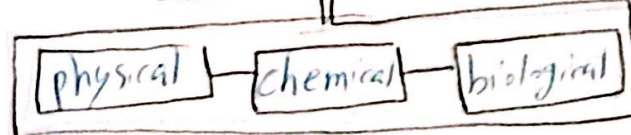


anti-nutrients in plant-based foods

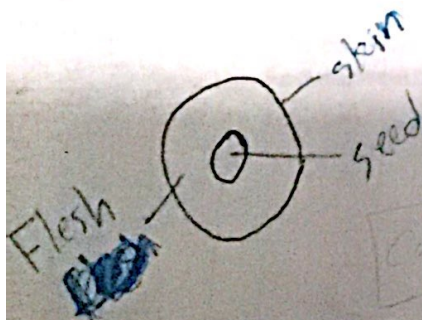


Carcinogens



Botanically speaking,

Pit = stone



fruits

Botany

