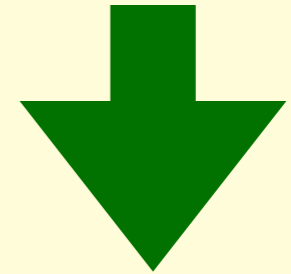


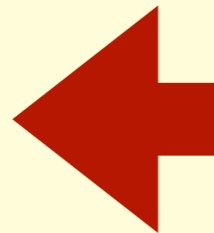
# Optimal nutrition



## Supports



Physical health



Reduces risk



**Genetic expression**  
**Brain development**  
**Accelerated healing**  
**Physical activity**  
**Resilience**  
**Attention**  
**Growth**  
**Mood**



Mental health



**Cancer**  
**Diabetes**  
**Heart disease**  
**Bone fractures**  
**Digestive issues**  
**Alzheimer's dementia**  
**Mild Cognitive Impairment**  
**Viral and bacterial infections**

**Anxiety**  
**Depression**

