

ANTI-AGING FOODS



LEMON

VITAMIN C PRODUCES
COLLAGEN TO
FIGHT WRINKLES



SWEET POTATO

BETA-CAROTENE
TURNS TO VITAMIN A
FOR SMOOTH SKIN



TOMATO

LYCOPENE PROTECTS
SKIN FROM SUN
DAMAGE



BEETS

DETOXIFIES TO
PREVENT OUR
COMPLEXION
FROM DULLING



AVOCADO

AVOCADO OIL
STRENGTHENS
SKIN WHILE
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