

Food for Mood

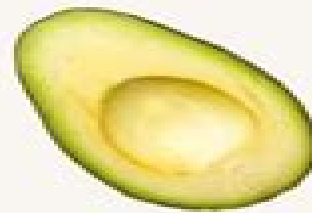
Supports Serotonin Production



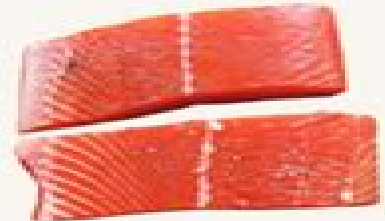
Leafy greens



Oysters



Avocado



Salmon

Improves Gut-Brain Connection



Dark chocolate



Sauerkraut



Cocoyo



Bone broth

Brain-Protecting + Calming Antioxidants



Walnuts



Green tea



Berries



Green apple

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