

Abstract of the article

Is it better to get nutrients from food or supplements?

The article is written by Chiara Townley. The article is published on 12 April 2019.

An article on how best to get nutrients. Also about what is included in biologically active additives and what changes occur in the body when consuming food additives, as well as in what forms they are sold. In this article, everyone will find useful information.

I found the article very interesting and informative. And most importantly, in such a short article, much is said about nutritional supplements.

Team Belovsky farmers