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**classienu** Eating While "#Sheltered-in-Place:

**#MonkFish Marsala:** Monkfish is a protein, rich with vitamins/minerals, B6/B12; its **#protein** aids in muscle/bones, and **#immune** system health; B6/B12 lowers cholesterol, increases myelin, promotes brain functions, helps in Alzheimer's. Alert: It's high in mercury, so pregnant women should avoid. Mushrooms: B vitamins as well as a powerful antioxidant called selenium, which also helps to support the immune system and prevents damage to cells and tissues.

<https://www.m3mpr.com/corporate-wellness-and-nutrition>



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