

?? ?????????????? ??????? ?? ?????? ??????, ??? ??????????????? ? ??????? ORAC (?????? ???????
??),?????????????????????????? Goji????????????????????????
??
??? ?????? ?????????????????????? ?????????? ??? 100 ??????????:

??????	???????? ???? ORAC ??? 100 ????? ???
??????	210
????????	450
????????	750
????????	890
????????	980
????????	
????????	1220
????????	
????????	1260
????????	1.540
Blueberries	2.036
????????	2.830
????????	5.770
?	
????????	
?????	10.450
Goji	25.300 ??? 30.300

? ??????? ?????? ?????? ???? ?????? ??? ?????????? ?????????? ??? ?????? ?????????? ??? ?????????? ??? LDL
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????? ?????????????? ??? ?????????? ??????????.

??,????????????????????????????????????,

????	5.960
?????????	
????	26.000
?????????	
Lourdes	
????????? ?	760
?????????????	
??	
??????????	9.500
???????	
????????? (? ?????????)	
?????	7.000
??????????	4.500
Noni-Fruit	17.000
???????	21.000
(coconut)	
?????????????	34.000
?	
?????????	4.400
???????	
?????????????	6.100
???????	
???????	8.000
???????????	
????? ??????	1.600
?????????	
?????????????	
????? ??????	14.000
?-?????????	
????? ??????	
?????????????	170.000
??? ??????	
(???????????)	
???????????)	
Gogi	355.000

????????? Goji-smoothie

????????? ?? ??????????? ???? ?????? ??? ?? ??? ?????? ???????????, ??????????, ??????????????? ???.

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3 ??????????? ??? ?????? goji

2 ?????????

1 ?????????

1 ?????????

2-3 ?????????

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??? ?? ????? ?????????????? ?? ?????? ?? ?????? ?? 8-12 ????. ?????????????? ??? ?????? ?????????, ??? ?????????? ?
?????? ?????? ??? ??? ?????????? ??????? ??????. ??????? ??? blender ??? 30-40 ???????????????.

????????? ?? ?????????????????? ?????????????? ?????? ?????? ? ????????? ? ????????? ? ???????.

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