

Amla vs. Other Superfoods

A Head-to-Head Comparison

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Superfood	Key Benefits	Antioxidant Power	Mitochondria Support	Included in Mitolyn?
Amla	Digestion, vision, fat burning, anti-aging	✓✓✓✓	✓✓✓	✓
Blueberries	Brain health, heart health	✓✓✓	✗	✗
Tumeric	Inflammation, joint health	✓✓✓	✗	✗
Goji Berries	Vision, immune support	✓✓✓	✗	✗
Chlorella	Detox, immune function	✓✓✓	✓	✗
Green Tea	Energy, metabolism	✓✓✓	✓	✗

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To your health,
The MitolynSecret Crew