



A 10 种增强免疫力的超级食物
10 Immune Boosting Superfoods

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第 10 种食物是益生菌食品。它含有有益细菌，有助于中和我们肠道中的有害细菌与促进有益细菌。
10th type of foods is Probiotics foods. They contain good bacteria which help neutralize bad bacteria & promote good bacteria in our gut.

可以中和我们肠道中有害细菌
which help to neutralize bad bacteria

When our immunity is weak, it can cause a variety of symptoms including fatigue, skin allergies or poor wound healing, etc. So, can superfoods really help to boost our immunity? Topic: 10 Immune Boosting Superfoods You Cannot Miss! Learn more at this video link: <https://youtu.be/yv2qMS3KYQs>