

Title: Conversations

Subtitle: Please Replace the Fig across middle east!!

Second Subtitle: Re: Please Replace the Fig across middle east!!

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URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=57

Figs and figs have good source of flavonoids, polyphenols. Figs and dried fruit were measured. Antioxidant content. 40 grams of dried figs (two medium size figs) showed a significant increase in plasma antioxidant capacity compared to highest quantities of figs or any other dried or fresh fruit.