

4 myths about nutrition



- 01 Dark chocolate is packed with antioxidants (**FALSE**)
- 02 Sea salt is healthier than table salt (**FALSE**)
- 03 Maple syrup and honey are better than white sugar (**FALSE**)
- 04 Organic foods are more nutritious (**FALSE**)



To learn more about the best way to adopt a healthy diet, talk to your Brunet affiliated pharmacy owner! They'll be more than happy to answer all your questions. →