One of the best sources of potassium for nerve transmission, muscle

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support a healthy immune system Rich in beta-carotene, converted to vitamin A to prevent blindness and Potential benefits of consuming apricots:

Provides antioxidants vitamins C, E and polyphenols that neutralize free

- 34 Calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol
 - 2 fresh or 2 dried halves of apricot provides:

Health Benefits of Apricots

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dioxide to preserve color, which can cause allergic reactions

Also contain small amounts of calcium, magnesium and iron

Quercetin in apricots may provide protection from dementia

radials and inflammation associated with aging and disease

function, including the heart, and lowering blood pressure

Dried apricot halves may be packaged with added sugars and sulfur



canned, apricots are rich in nutrition. and healthy. Often found fresh, dried or These small stone fruit are sweet, delicious

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