Niropon Hor.mo Tahe˜n Babo_t Ja.rur.ak´ jo_mak´ko

Hor.more ja˜ha˜ lekan rog birud ten˙go daram lekan khemota tahe˜n khan, a.d.i algate rog khon rukia.bo n´amdar.ekea. Noakanak´ thor.a jo_m babotre latarre ta.lika. emena.

Se_ke_rkenda: Se_ke_rkenda re beta-carotene tahe˜nok´a. End.ekhan noa jo_mak´ hor.ak´ hor.more bo_lo_kate Vitamin-A re pheraok´a. Noa reak´ gun-man hor.more rog sa˜oe la.pa.r.haia.

Ra.sun: Jo_to_ hor.ak´ or.ak´re ra.sun tahe˜na. Ra.sunte ekal utu reak´ sebel-so_r.o_me sarsaoa. Be_re_l ra.sunte bacteria, virus ar sealom (chotrak) oka do_ me˜t´e ban˙ n´elo_go_k´kan nonkanak´ birudrey ka.mia. Asokaete, hor.mo reak´ harta se_ chal napaeye do_hoea.

Adhe: Jo_mak´re jhan´j ja.sti la.git´ adhe reak´ ja˜ha˜n tula.uak´ge ba.nuk´anan˙. Ente ona do_ anti-oxidant reak´ ho˜ mit´t.en mon´j onor. kana. Pho_lmul se_ ar.ak´ sakam khonak´ n´amak´ Anti-Oxidant a.d.i tur.ighur.i hor.morey ka.mia.

Tormuj: Tormujre Gluthaione n´utuman Anti-Oxidant tahe˜ bar.ak´a. Noa jo_mte hor.more rog birud asambher.e ka.mia.

Hako: Omega-3 ar Fatty Asid bhut.ela se_ ganga.nia. jo_mak´ je_mon hako jo_mte Immune system d.herok´ kana.

Amlo_ki: Amlo_ki sa˜o thor.a adhe ar khijur rit´ gund.a mar.an˙kate n´u lekhan hor.mo la.git´ a.d.itet´ bha.la.ianak´ge hoe bo_tec´kok´a honan˙. Ente noare Vitamin-C menak´ akada.

Toa ar Dahe: Toa ar dahe re zink menak´a, noa hor.more rog birud jaogei ka.mikana. Toa ban˙ hajam ta.nic´lenkhan toate benaoak´ jo_mak´ jo_m ja.rur. kana. Jao hilok´ge 100 grams dahe ban˙khan mit´ cup toa n´ui reak´ kurumut.ui hoyok´a.