

# Niropon Hor\_mo Tahe~n Babo\_t Ja\_rur\_ak' jo\_mak'ko

Hor\_more ja~ha~ lekan rog birud ten'igo daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia.bo n'amdarekea. 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 asamsher.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.