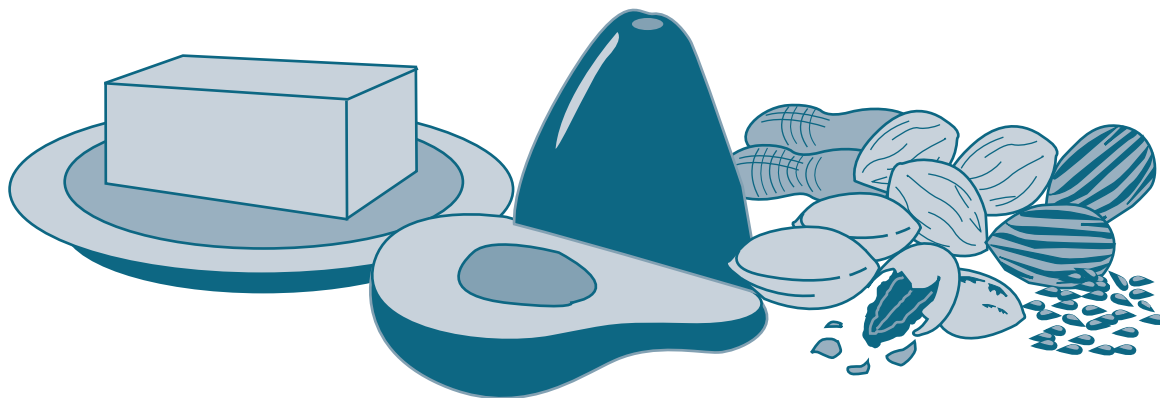


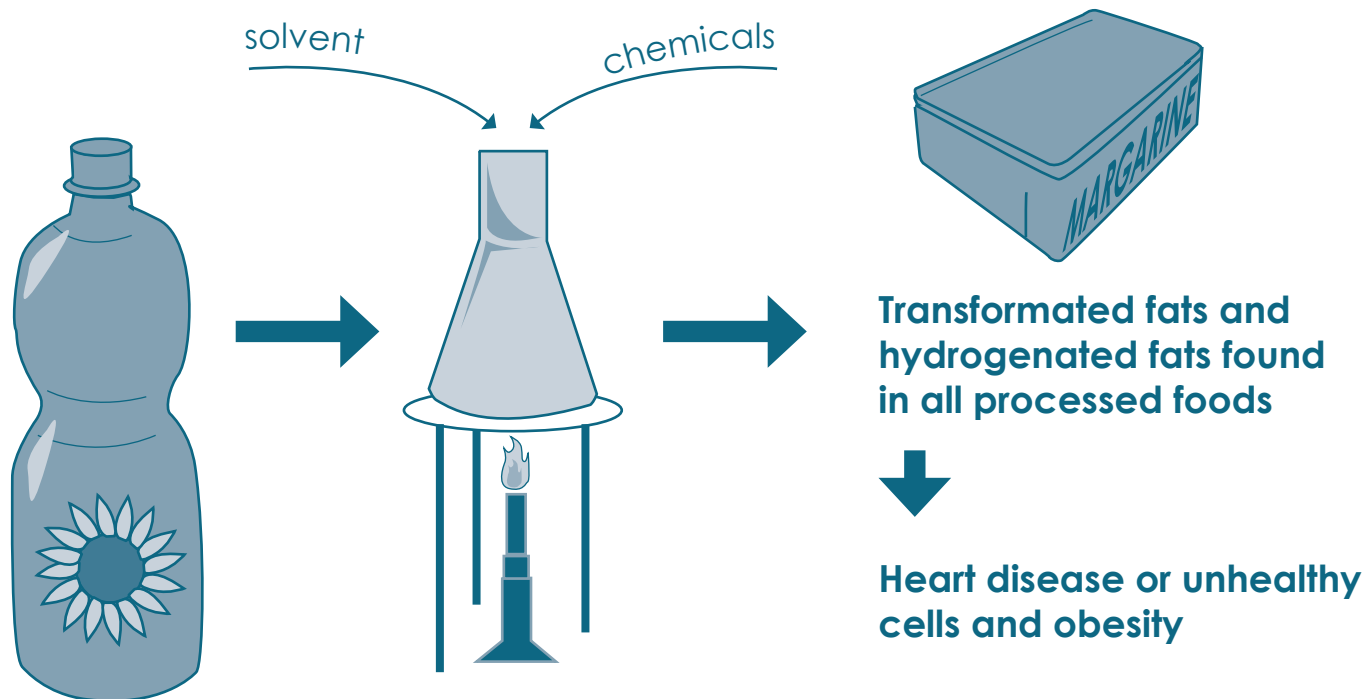
DANGERS OF PROCESSED OILS

NATURAL FATS



Natural fats (butter, avocado, nuts, seeds) provide all your fat-soluble vitamins needed to build cell walls

PROCESSED FATS



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD