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Functional Foods: Hopefulness to Good Health

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Abstract: Functional foods will be hopeful to good health in the future because i classified either as preventive or therapeutic purpose and used alone or mixed to prevention some of certain diseases. Therefore, functional foods help the rights from many modern diseases that we see today. However, increasing and varietie functional foods are a challenging perspective for promotion and formulation of h and which can be useful for enhancements of the human health.

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