when people take supplements like 5-methyltetrahydrofolate (5-mthf) they are taking rocket fuel that could potentially make them feel better.
in its unprocessed, non-modified form, quinoa is coated in saponins which give it a bitter or soapy taste. but this one is special in that it has become a comfort food.
certainly, the reform maintained, even in the new EPS, a certain theological shapelessness.