

FORTIFIER

Meaning: A fortifier is a substance added to food or drink to enhance its nutritional value, particularly by increasing vitamin or protein content.

1. The nutritionist recommended a fortifier to enhance the vitamin content of the child's diet.
2. In the world of sports, a protein fortifier can be essential for muscle recovery after intense workouts.
3. Many plant-based milk alternatives now include a calcium fortifier to provide additional health benefits.
4. The chef added a mineral fortifier to the soup to boost its nutritional value without altering the flavor.
5. For patients recovering from surgery, a specialized fortifier can help ensure they receive adequate nutrients.

Source: sentences.whatistheurl.com

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