

Nadiifi gacmaha badbaadi nolola



Dhaq Gacmahaaga
Isticmaal saabuun iyo biyo ugu yaraan 20 ilbiriqsi.



Ma dhaqi kari?
Isticmaal jeermisdillaha gacmaha.
Isticmaal jeermisdillaha gacmaha oo lagu sameeyo ugu yaraan waxyaabaha aalkulada 60-95%.