

Stay  
Healthy  
Naturally



## Superfood Green Multi

**Just what are superfoods?** Each superfood in this product is considered nutrient dense. The term “super green” refers primarily to a small group of greens from the algae and cereal grass families, which contain high levels of chlorophyll and protein, and a wide array of vitamins, minerals, enzymes, and antioxidants that are easily absorbed by the body.

### Why Super Greens Should Be Part of Your Diet

High in phytonutrients (nutrients from plants) such as

- beta-carotene—vital for healthy immune system and for good bone, skin, nails and hair health
- lycopene—to improve heart health and help prevent certain cancers such as prostate
- lutein—necessary for good eye and heart health
- anthocyanins (dark plant pigments)—to maintain blood vessel health
- isoflavones (phytoestrogens)—to help lower cholesterol and prevent breast cancer
- enzymes—to help digestive process by properly breaking down food and to reduce bloating

**Super Greens** will benefit your overall health and wellness, boost your immune system, alkalize your body, and give you natural, slow-release energy!

### **Wheatgrass**

Helps prevent cell damage

- Aids digestion!
- Boosts metabolism!
- Helps eliminate toxins!

### **Chlorella cracked cell**

A single-cell, green freshwater algae

- Makes you feel young!
- Reduces aches and pains!
- Helps get rid of heavy metals!

### **Spirulina**

Has properties that counteract pollutants such as arsenic, fluoride, lead and mercury

- Improves gut health!
- Prevents heart disease!
- Supports mental health!

### **Barley Grass**

Rich in antioxidants to help fight free radicals that can damage your body

- Repairs DNA!
- Reduces excess acidity!
- Detoxifies the body by releasing extra water!

### **Kelp**

Has anti-inflammatory properties

- Protects the brain!
- Helps fight against disease!
- Possibly effective for iodine deficiency!

### **Spinach**

High magnesium makes calcium go into bones

- Cancer prevention!
- Asthma prevention!
- Supports brain health!
- A power house for the eyes!

### **Alfalfa**

Has high levels of vitamins and minerals

- Speeds up healing!
- Reduces inflammation!
- Improves bowel movements!
- “Father of all Foods”—a powerhouse