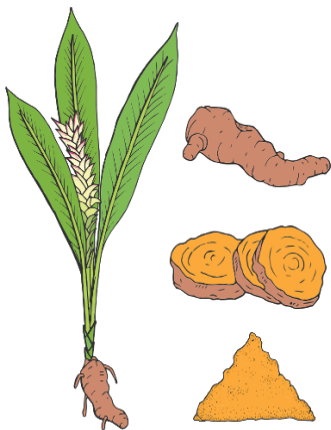


# SIX Superfoods

TO ADD IN DAILY

TURMERIC



## ROOT

Anti-inflammatory, antioxidant, antidepressant, blood purifier, improves digestion, lowers cholesterol, & contains pain-reducing properties.

COCONUT OIL



## OIL

Anti-bacterial, anti-fungal, anti-viral, improves energy & endurance, improves memory, brain function & digestion, reduces inflammation, moisturizes skin, cancer prevention, helps weight loss, & balances hormones.

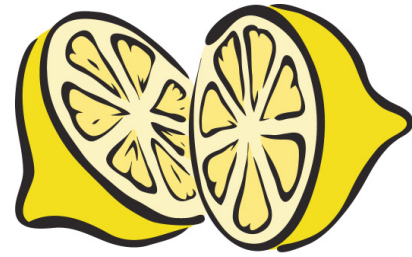
## S P I R U L I N A



### **POWDER**

Spirulina contains 12 times more protein than beef, high in iron & antioxidants, detoxes heavy metals, eliminates candida, cancer prevention, lowers blood pressure, reduces cholesterol, & boosts energy.

## L E M O N W A T E R



### **LIQUID**

Aids in digestion & detoxification, Vitamin C (antioxidant) immune system boost, balances PH, rejuvenates skin & body healing, & boost energy and mood.

## B L U E B E R R I E S



### **FRUIT**

Antioxidant, helps prevent aging, protects our brains from degeneration, neurotoxicity, and oxidative stress, improves memory, supports digestion, benefits the skin, & contains anti-diabetic effects.

## K A L E



### **VEGETABLE**

Anti-inflammatory, antioxidant, detoxification, cancer prevention, heart support, healthy vision, high in vitamins, minerals, & fiber.