

VEGGIE VIRTUES

AVOCADO

AN AVOCADO A DAY...

WHY?

**AVOCADOS ARE GREAT FOR
LOWERING CHOLESTEROL
& RISK OF HEART
DISEASE.**

HEALTH BENEFITS

- Lubricates the lungs & intestines
- Harmonizes the liver
- Rich in copper (aids in red cell formation)
- Nutritious protein source (often recommended for nursing mothers)
- Used as a remedy to treat ulcers

NUTRITIONALS

- Protein
- Potassium
- Copper
- Vitamin E
- B Vitamins
- Monounsaturated Fatty Acids
- Fiber

ADD TO YOUR SHAKE TODAY!