

**VEGGIE VIRTUES**

# BEETS

**CAN'T BE BEET...**

**WHY?**

**BEETS ARE GREAT SOURCES  
OF NUTRIENTS THAT PREVENT  
HEART DISEASE & FIGHT FAT.**

## HEALTH BENEFITS

- Cleanses the liver & the blood
- Used in Cancer treatment
- Strengthens the heart
- Improves circulation

## NUTRITIONALS

- Rich in silicon
- Folic acid
- Fiber
- Manganese
- Potassium

**ADD TO YOUR SHAKE TODAY!**