

VEGGIE VIRTUES

SPINACH

EAT MORE SPINACH...

WHY?

**SPINACH HAS MORE
THAN DOUBLE THE FIBER
OF ALMOST ALL OTHER
GREENS.**

HEALTH BENEFITS

- Contains thirteen different flavonoid compounds
- Helps to regulate body pH
- Promotes healthy eyesight
- Prevents macular degeneration & cataracts
- Contains cancer fighting properties

NUTRITIONALS

- Vitamin K
- Carotenes
- Vitamin C
- Folic Acid
- Iron (twice the amounts of most other leafy greens)
- Magnesium
- Manganese
- Vitamin B1
- Vitamin B2
- Vitamin B6
- Vitamin E

ADD TO YOUR SHAKE TODAY!