

VEGGIE VIRTUES

SWEET POTATO

SUPER SWEET POTATO...

WHY?

**SWEET POTATOES CONTAIN
VITAMIN D WHICH AFFECT
OUR ENERGY LEVELS
& MOODS.**

HEALTH BENEFITS

- Promotes healthy eyesight
- Treats skin conditions
- Rich in antioxidants, vitamins & minerals
- Heart healthy
- Has anti-inflammatory properties

NUTRITIONALS

- Vitamin A
- Vitamin B6
- Vitamin C
- Manganese
- Calcium
- Iron
- Protein
- Fiber

ADD TO YOUR SHAKE TODAY!