



ADD THESE BENEFITS TO YOUR NEXT SMOOTHIE!

FLAX SEEDS:

- *High in fiber, low in carbs
- *Aids in weight loss
- *Lowers cholesterol
- *High in Antioxidants

CHIA SEEDS:

- *Delivers a mass amount of nutrients with very few calories
- *High in quality protein
- *High in many important bone minerals
- *Nearly all carbs contained are fiber

COCONUT OIL:

- *Unique combination of fatty acids with powerful medicinal properties
- *Can increase energy, helps you burn more fat
- *Kills bacteria, viruses, & fungi
- *Decreases hunger
- *Improves immune system

TUMERIC:

- *Powerful anti-inflammatory
- *Improves brain function
- *May prevent cancer
- *Lowers risk of heart disease
- *Delays aging