

# SUPERFOODS



## **Your New Vegan Lifestyle**

### **SuperFoods**

Add to your daily smoothies, juices, shakes , soups or water

**Moringa Powder** - Good for stamina, vitality and energy. 47 antioxidants, 36 anti-inflammatories, 90 vitamins and minerals, anti-aging nutrients. 8 essential amino acids.

7x more vitamin C than oranges

4x more calcium than milk

4x more vitamin A than carrots

3x more potassium than bananas

3x more iron than almonds

**Spirulina** - Blue-green algae. One of the worlds most concentrated sources of functional nutrients, offering health benefits to almost every organ in your body. Rich in amino acids, vitamins, minerals, chlorophyll, beta-carotene, protein and iron. A power food for quick energy and increased stamina.

**Chlorella** - Algae that has been studied for its metal-binding properties. A superfood with all nine essential amino acids and a plethora of vitamins and minerals.

**Maca Powder** - A root vegetable to help increase energy, reduce fatigue and improve libido. Maca is an adaptogen, facilitating the body's ability to adapt to and regulate stress responses and balance hormones.

**Hemp Powder/Hemp Seeds** - Plant based protein, excellent source of minerals, fiber and omega 3 & 6 fatty acids and a great source of energy.

**Lucuma Fruit Powder** - Known as a symbol of longevity and fertility, Peruvians honor this ancient fruit with the name Gold of the Incas. Loaded with antioxidants, vitamins and minerals.

**Turmeric Root Powder** - Well known as an anti-inflammatory, powerful antioxidant, and considered the "Indian Saffron" or "Jiang Huang". Help fight against cancers, gut health, arthritis, depression, brain benefits and so much more.

**Chaga Mushroom Powder** - A robust immune system booster. Antioxidant, nutrient dense, lowers cholesterol, blood pressure, fights inflammation, supports lowering blood sugar.

**Raw Cacao Powder** - Energy boosting superfood, loaded with minerals such as magnesium, copper and manganese. Cacao boosts brain levels of serotonin, the feel good brain chemical. It contains the mood improver, anandamide - known as the bliss molecule, which creates a feeling of euphoria.

**Ashwagandha Root Powder** - Indian ginseng. A highly adaptogenic super root, used frequently in Ayurvedic medicine to increase vitality, relieve stress and boost brain and cognitive function.

**Amla Powder** - Known for being a source of vitamin C as well as containing other potent antioxidants that may help rejuvenate your system. Best added to fruity juices and smoothies.

**Goji Berries** - An excellent source of antioxidants and vitamins A & C, as well as all the essential amino acids. They also contain over 20 trace minerals like potassium, iron, and zinc. Great to add to your smoothie bowls, cereals, oatmeal or as a snack.

**Golden Berries** - An anti inflammatory, antioxidant, vitamin A and fiber. It is a tart and mildly sweet berry you can add to your salads, fruit salad or as a garnish for desserts.

**Sea Vegetables** - Nori, Dulse, Kombu, Wakame are all good sources of vitamins, minerals, calcium, copper, iron, rich in protein, fiber and vitamins. Add to soups, stews, grains, beans, wraps or eaten as is.