



GRAINFREENOLA HEALTH BENEFITS

Berry Me

Our antioxidant powerhouse GrainFreeNola cannot be found anywhere else. This is not your traditional strawberry and blueberry granola.

Organic Golden Berries

Rich in nutrients, Golden Berries have significant health benefits.

- Vitamins: C, A and K, Thiamine, Riboflavin and Niacin
- Minerals: Iron, Phosphorous, Manganese

Vitamin K in Golden Berries supports bone and cartilage health.

Golden Berries are high in antioxidants known as carotenoids and polyphenols. These compounds help prevent chronic diseases and improve eye health.

Organic Goji Berries

Vitamins, Minerals, Antioxidants and Fiber are the elements of Goji Berries that provide health benefits to our Berry Me GrainFreeNola.

- Vitamins: C, A
- Minerals: Iron, Zinc

The Fiber in Goji Berries supports weight loss and blood sugar control along with the complex carbohydrates. They improve insulin resistance, sugar intolerance and can help lower blood sugar levels.

Goji Berries protect the eyes, provide immune system support, promote healthy skin and protects against cancer.

Organic White Mulberry

Mulberries are high in Vitamins, Minerals and antioxidants.

- Vitamins: C, K1, E
- Minerals: Iron and Potassium

Mulberries contain an enzyme which breaks down carbohydrates which is beneficial in slowing the increase in blood sugar after eating to support Diabetics.

It is also used for treating high cholesterol levels, high blood pressure, the common cold and its symptoms, muscle and joint pain such as from arthritis, constipation, dizziness, ringing in the ears, hair loss, and premature graying.

Organic Gooseberries

Highly nutritious, Gooseberries are low in calories and fat, rich in Vitamins and Minerals and packed with antioxidants.

- Vitamins: C, B5, B6
- Minerals: Potassium, Manganese and Copper

High in fiber and low in calories, Gooseberries support weight loss.

Rich in antioxidants, they can aid in reducing the risk of cancer, heart disease, type-2 Diabetes and various chronic conditions.

The high amounts of soluble and insoluble fiber in Gooseberries supports digestion, aids in controlling blood sugar, reducing blood pressure and can assist in lowering cholesterol.