



## GRAINFREENOLA HEALTH BENEFITS

### Green Machine

Superfood rich, this favorite flavor of smoothie is transformed into a powerful snack.

#### Organic Kale

Kale is a superfood rich in Vitamins, Minerals, antioxidants, fiber and Omega-3 fatty acids.

- Vitamins: A, K, C, B6, B1, B2, B3
- Minerals: Manganese, Calcium, Copper, Potassium, Magnesium

The fat present in Kale is primarily Omega-3 fatty acids. Antioxidants help the body remove unwanted toxins which has anti-inflammatory, anti-viral and anti-depressant effects on the body as well as lowering blood pressure and supporting heart health. Kale is vital for blood clotting because it activates certain proteins giving them the ability to bind calcium.

#### Organic Bananas

A plentiful favorite tropical fruit, bananas have abundant supplies of Vitamins and Minerals.

- Vitamins: B6 & C
- Minerals: Potassium, Magnesium, Copper, Manganese

Bananas are most well-known for the abundant supply of Potassium. Potassium supports heart health by lowering blood pressure, supports kidney health and reduces exercise related muscle cramps. The pectin and resistant starch in Bananas moderate blood sugars after a meal and help control appetite.

#### Organic Green Apple

Nutritious apples contain essential Vitamins and Minerals.

- Vitamins: C, K, A, E, B1, B2, B6
- Minerals: Potassium, Manganese, Copper

The high fiber and water in apples can help you feel more full so you consume fewer calories supporting weight maintenance and weight loss. Apples contain pectin that acts like a prebiotic feeding the good bacteria in your gut supporting digestive health. The abundant antioxidants in apples protect the lungs from oxidative damage. These antioxidants, along with the anti-inflammatory compounds, may also support bone density and strength.

#### Organic Hemp Seed

Hemp seeds are a complete source of protein, providing all nine essential amino acids and rich in Vitamins and Minerals.

- Vitamins: E
- Minerals: Phosphorous, Potassium, Sodium, Magnesium, Sulfur, Calcium, Iron, Zinc

Rich in health fats and essential fatty acids such as Linoleic and Alpha-Linoleic Acids, Hemp Seeds are beneficial for heart health. Also plentiful in Hemp Seeds are healthy fats and essential fatty acids like Linoleic Acid (Omega-6) and Alpha-Linoleic Acids (Omega-3). The Gamma-Linolenic Acid found in Hemp Seeds is thought to reduce inflammation