



GRAINFREENOLA HEALTH BENEFITS

Tropical Paradise

Disease fighting granola. Tropical Paradise is packed with medicinal antioxidant cancer fighting compounds.

Turkish figs

Figs are high in natural sugars, minerals, Vitamins and soluble fiber.

- Minerals: potassium, calcium, magnesium, zinc, iron, copper and manganese
- Vitamins: Vitamins A, C, K and B Vitamins

The fiber in figs aids with digestive health and assist in controlling blood sugars.

Do not consume if allergic to Latex.

Organic Mango

Mangoes are rich in Vitamins and Minerals which makes it a superfood.

- Minerals: Copper, Folate, Niacin, Magnesium, Potassium, Manganese
- Vitamins: C, E, A K, B 5 & 6

High in antioxidants with over a dozen different types of polyphenols, Mangoes are a powerful fruit. The Folate and Vitamins in Mangoes are terrific immunity boosters. The potassium, magnesium and antioxidant mangiferin in Mangoes can be beneficial for heart health. Mangoes also contain Lutein and Zeaxanthin which, along with Vitamin A support eye health.

Do not consume if allergic to Pistachios.

Shredded Coconut

Mineral rich coconut is a health powerhouse full of health fat, fiber and antioxidants.

- Minerals: Manganese, Copper, Selenium, Magnesium, Phosphorous, Iron and Potassium

The antioxidants in coconut meat are phenolic compounds including Gallic Acid, Caffeic Acid, Salicylic Acid and P-Coumaric Acid all of which help to protect the cells from damage.

The low carbohydrates, high fiber and healthy fat of coconut may assist in stabilizing blood sugar.

Bone health and improved metabolism are additional benefits to a diet that includes Coconut due to its high manganese.

Hazelnuts

- Vitamins: E, B 6
- Minerals: Manganese, Copper, Thiamin, Magnesium, Phosphorous, Potassium, Zinc
- Folate
- Omega-3 and Omega-9 fatty acids

Rich in antioxidants, it is best to eat them whole and unroasted to reap the most benefit. These antioxidants may reduce blood lipid levels, normalize blood pressure, decrease inflammation and help lower blood sugar.

Hibiscus flower

Packed with antioxidants. Hibiscus flower, easily made into a tea has many health benefits including:

- Help lower blood pressure
- Help improve blood fat levels
- Boost liver health
- Promote weight loss.

Consuming Hibiscus may have drug interactions – ask your doctor.