

Super Foods

1. Sea Vegetables (Ex Dulce, Kelp, Nori)
2. Broccoli
3. Kale
4. Collards
5. Hemp Seeds
6. Sprouts
7. Ginger
8. Garlic & Onions
9. Berries (strawberry, blueberry, blackberry)
10. BarleyMax

Acai berries, gogi berries, and other exotic fruits are considered superfoods, but superfoods can also be very common, including store-bought sprouts and even dandelion greens.