



### Organic Fruits



**BLUEBERRIES**



- Enhances retinal health
- Promotes urinary tract health



**CRANBERRIES**



- Array of phytonutrients
- Promotes urinary tract health



**APPLES**



- Promotes digestion
- Promotes lymphatic system



**CILANTRO**



- Helps bind heavy metals in the blood stream
- Anti-diabetic plant



**PARSLEY**



- Used as an antibiotic, antifungal, & antiseptic



**ROSEMARY**



- Immune support

### Organic Herbs

### Organic Vegetables



**CARROTS**



- Beta-carotene & potassium
- Sweet snap



**SQUASH**



- Source of potassium



**GINGER**



- Enzymes (for digestive benefits)
- Helps resolve discomfort



**CELERY**



- Powerful phytonutrients
- Moisture & minerals



**KALE**



- Superfood



**BROCCOLI**



- Folate
- Cruciferous crunch

GET YOUR GREENS!

### Organic Seeds



**SUNFLOWER**



- Healthy fats
- Nutty flavor



**PUMPKIN**



- Healthy fats
- Nutty flavor

### VITAMINS



### MINERALS



### BENEFITS

