

GREEN GUT GLOW

SUPERFOOD GREENS



FACTS

- The World Health Organization and the Harvard Medical School in 2021 recommends 5 servings of fruits and vegetables per day.
- A study by Dalhousie University in 2021 suggests only 29% of Canadians even purchase this recommended amount
- A study by the Center of Disease Control and Prevention in 2022, find only 10% of Americans are meeting this amount
- A study done by The National Health Service, shows that even in the UK, only 28% of the adult population are following this guideline

WHY WE NEED IT

- Fibre is not just for those constipated! Fibre helps lower the risk of many diseases, normalizes bowel movements, lowers cholesterol levels, helps blood sugar levels, aids in achieving a healthy weight, keeps you feeling full longer
- Phytonutrients are a substance found in certain plants which is believed to be beneficial to human health and help prevent various diseases.
- Antioxidants are substances that may protect your cells against free radicals, which may play a role in major diseases in the body.
- Just 1 scoop of the Superfood Greens a day, actually gives you a variety of 36 different fruits and vegetables! Can be mixed with water, juice or a smoothie.
- The Superfood Greens has all of the benefits of phytonutrients, antioxidants, fibre, Vitamins A, C, K E and so much more, all in just one drink a day.

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