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## CHOICE SUPERFOOD GUIDE

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### MACA

Belonging to the root family, Maca is nutritionally rich with vitamins and minerals that are vital to health. (If you are pregnant or lactating you should avoid taking Maca.)

- Serves as a boost to your libido and increases endurance
- Balances your hormones and increases fertility
- Relieves menstrual issues and menopause
- Rich in vitamin B vitamins, C, and E.
- Provides plenty of calcium, zinc, iron, magnesium, phosphorous and amino acids

### CHIA SEEDS

This plant grows natively in South America. Chia seeds were an important food for the Aztecs and Mayans back in the day. They prized them for their ability to provide sustainable energy ... in fact, “chia” is the ancient Mayan word for “strength.”

- High in omega-3 fatty acid
- Hydrating
- Provides fiber, calcium, and protein
- Contains vitamins B1 and B3
- Deliver a massive amount of nutrients with very few calories
- Derived from the plant *Salvia Hispanica*, which is related to mint.

### HEMP SEEDS

Raw shelled hemp seed is one of nature's perfect foods. This is one of the most potent foods available, supporting optimal health and well-being, for life. Raw hemp provides a broad spectrum of health benefits.

- High protein content
- Weight loss, increased and sustained energy
- Rapid recovery from disease or injury
- Lowered cholesterol and blood pressure
- Reduced inflammation
- Improved circulation
- Immune system and natural blood sugar control

### SPIRULINA

A blue-green algae.

- Contains a number of nutrients including B-complex vitamins, beta-carotene, and vit. E
- High in protein
- Contains antioxidants, minerals and chlorophyll



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### BAOBAB

Native to Madagascar, Australia and Africa, it is one of nature's oldest trees.

- Excellent source of pectins, calcium and iron

### GOJI BERRIES

Bright orange-red berry that is one of the most nutritionally dense fruit on earth.

- Provides 19 amino acids including Isoleucine and Methionine
- High in essential minerals such as zinc, germanium, selenium, iron, copper and phosphorus
- Contains polysaccharides (complex carbohydrates)

### LUCUMA

A subtropical fruit native to the Andean valleys of Peru, it has a unique flavor of maple and sweet potato with a paste-like consistency that melts in your mouth.

- High levels of carotene, vitamin B3 and other B vitamins

### MULBERRIES

Tart and sweet, these berries are rich in numerous health benefits.

- High in fiber, iron, potassium and zinc
- Rich in vitamins C and K
- Great source of B2 (riboflavin) which helps defend against free radicals
- Rich in antioxidants and phytonutrients
- Increases memory and improves blood circulation
- Low glycemic dried fruit





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### E3LIVE

Nutrient packed blue-green algae.

- Contains over 65 vitamins, minerals, amino acids and essential fatty acids
- Rich source of chlorophyll
- Increases endurance and stamina while speeds up recovery time
- Promotes intestinal health
- Helps normalize blood sugar
- Better mental focus and concentration
- We think it's better than Wheatgrass! If people ask for wheatgrass we recommend our Brain Surge

### CACAO NIBS

Often imported from Indonesia, Bali, Ecuador and Peru. Made from crushed cacao beans, cacao nibs are less refined and are more nutritionally potent.

- Energizing
- High in magnesium
- Antioxidant rich
- Contains serotonin and dopaminelvia Hispanica, which is related to mint.

### GINGER

Grown in China, India, Africa and the Caribbean. This spicy root has long been used for its health benefits.

- Huge anti-inflammatory benefits
- Aids in alleviating upset stomachs and nausea
- Over a dozen antiviral compounds that help fight against the common cold and flu virus

### TURMERIC

May be the most effective nutritional supplement in existence.

- Curcumin is the main active ingredient in turmeric. It has EXTREMELY powerful anti-inflammatory effects and is a very strong antioxidant
- Is a natural antiseptic
- Natural liver detoxifier



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### CAYENNE

One of the world's most powerful medicinal herbs with amazing healing powers.

- Containing capsaicin, this spicy powder aids in detoxifying the body

### CINNAMON

Is obtained from the inner bark of several species of trees.

- Aids in circulation
- Helps stabilize blood sugar and even reduces inflammation
- Improves energy levels

### NUTMEG

Derived from the seed of several species of trees.

- Aids in eliminating fatigue and stress
- Used as a remedy for anxiety
- Improves concentration

### COCONUT\*

Used in a variety of ways, coconuts deliver extensive health benefits.

- Strong antioxidant properties
- Lowers cholesterol
- Stabilizes glucose
- Increases metabolism

\* Coconut Butter- made from whole coconut flesh, using all the fat and solids

\* Coconut Oil- extracted from meat of a coconut leaving just the fat behind

\* Coconut Water- the clear liquid inside young green coconuts

\* Cocohydro- an electrolyte rich, dehydrated coconut water