

VEGGIE VIRTUES

KALE

ALL HAIL KALE...

WHY?

**KALE IS PACKED WITH
ANTIOXIDANTS THAT FIGHT
DISEASE AND PROMOTE
HEALTHY SKIN & BONES.**

HEALTH BENEFITS

- Increases antioxidant activity
- Numerous cancer fighting components
- Absorbable calcium
- Rich in lutein, which is a phytochemical that helps protect the eyes from macular degeneration

NUTRITIONALS

- Calcium
- Vitamin C
- Vitamin B6
- Manganese
- Fiber
- Copper
- Iron
- Vitamin B1
- Vitamin B2
- Vitamin E

ADD TO YOUR SHAKE TODAY!