

Awesome Antioxidants!

Fresh Organic Fruits & Veggies

- Berries (raspberries, blackberries, blueberries and cranberries)
- Kiwi fruit
- Artichokes
- Avocados
- Beets
- Citrus fruits
- Cruciferous Vegetables (broccoli, cauliflower, Brussels sprouts, cabbage)
- Carotenoids (found in orange, yellow and red fruits and vegetables like carrots, pomegranates, papayas, pumpkin, bell peppers, sweet potatoes, watermelon and tomatoes)
- Leafy greens (kale, spinach, arugula, dandelion, collard, mustard and beet greens)

Additional Superfoods

- Organic green and matcha tea
- Goji berries
- Dark chocolate (cacao)
- Seaweeds
- Chlorophyll
- Spirulina
- Wheatgrass
- Flax & chia seeds
- Quinoa & other ancient grains (amaranth, spelt, teff and millet)
- Coconut oil
- Hemp seed oil
- Extra virgin olive oil

Organic Raw Nuts & Seeds

- Almonds
- Pecans
- Walnuts
- Hazelnuts
- Hemp seeds

Beans

- Kidney beans
- Red beans
- Pinto beans

Organic Herbs & Spices

- Turmeric
- Ginger
- Garlic
- Cloves
- Cinnamon
- Basil
- Thyme
- Oregano
- Cumin
- Dried parsley