

BENEFITS BY INGREDIENT

Activated Charcoal: Time tested for over 3000 years, charcoal has millions of tiny pores that can capture, bind, and remove toxins. Used in many things today from teeth whitening to filtering water to saving people's lives from toxicity emergencies. This powerful black charcoal works to adsorb toxins (as opposed to absorb) meaning it's full of negatively charged ions which attract positive elements such as heavy metals and toxins, binding to the charcoal like a magnet and exiting the body. Also known to cleanse the body of mold when taken regularly with lots of water.

Açaí- (ah-sigh-ee) is an exotic relative of the blueberry and cranberry that is high in antioxidants and essential fatty acids. Acai boosts energy, supports the immune system, and increases circulation.

Almonds: The health benefits of almonds are extensive, and they are frequently used as a healthy solution for relief from constipation, respiratory disorders, coughs, heart disorders, anemia, impotency, and diabetes. It also helps in maintenance of healthy hair, skin care (psoriasis,) and dental care.

Avocado: Avocados offer nearly 20 vitamins and minerals in every serving, including potassium (which helps control blood pressure), lutein (which is good for your eyes), and folate (which is crucial for cell repair and during pregnancy).

Avocados are a good source of B vitamins, which help you fight off disease and infection. They also give you vitamins C and E, plus natural plant chemicals that may help prevent cancer.

Brown Rice Protein: At 24 grams of protein per serving, brown rice protein powder has many benefits for health and fitness, for all diets and lifestyles. It provides a convenient source of protein for vegetarians and others who follow restricted diets. Being allergen-friendly, it may also make an excellent choice for individuals with dairy, soy and/or gluten allergies. Like other protein sources, brown rice protein can assist in weight loss or weight management, with the advantage of being very low fat and low calorie.

Raw Cacao: The purest form of raw chocolate, cacao is one of the highest natural sources of magnesium and antioxidants. Two tablespoons contains 50% of the daily

recommended daily fiber and 4g of protein. Enhance your mood and brain function with the best chocolate in the world.

Cayenne: This powerful pepper is an anti-irritant, antifungal, anti-allergen digestive aid that promotes heart health and supports weight loss.

Chia Seed: Ch-ch-ch-chia! Yep, same seeds as the fuzzy green novelty item from the 80's- well we tapped into the secret to those lush coats on the ole' Chia Pet - this tiny superfood packs quite a punch with it's abundant omega fatty acids, protein, antioxidants, and skin and hair health benefits. Great for energy boosts, stabilizing blood sugar, aiding digestion, lowering cholesterol, and superb heart health. High in fiber, low in carbs and calories.

Dates: This deliciously sweet and balanced fruit is credited with aiding in various intestinal symptoms while also providing a heavy dose of vitamins, minerals, and fiber.

E3Live Blue Majik: This stunning blue pigment contains live, active compounds. It is a proprietary, certified organic and chemical free extract of *Arthrospira platensis* (Spirulina). It is made up primarily of Phycocyanin, a powerful antioxidant which can quench free radicals and has been shown to be a potent natural COX-2 inhibitor, effective in alleviating chronic inflammation. The bioactive compounds have been shown to reduce inflammation.

E3Live AFA: E3AFA is the world's most nutritional, highest quality powder form of AFA (100% *Aphanizomenon flos-aquae*, Latin for "invisible flower of the water") — a certified organic wild harvested Nutrient Dense Aqua Botanical™ considered by world renowned health authorities to be nature's most beneficial superfood

Flaxseeds: This tiny seed contains an abundance of omega-3 and omega-6 fatty acids plus alpha-linolenic acid (ALA) which improves joint mobility, balances glucose levels, and encourages heart health. Flaxseeds have been linked to health benefits such as improved digestive function and a reduced risk of heart disease, type 2 diabetes and cancer.

Ginger: This anti-inflammatory root has long been used as treatment for a spectrum of gastrointestinal disorders and general stomach distress and nausea. Great for Osteoarthritis, motion sickness, menstrual pain, Alzheimer's disease, and provides a calming internal heat.

Guarana: Derived from a plant native to the Amazon Basin, Guarana is a powerful a powerful stimulant known to quicken perception, increase metabolism, assist in weight loss, and alleviate hangovers. Not recommended for pregnant or breastfeeding women.

Pea Protein: It turns out that the humble pea is a power-packed veggie protein source that's worth your attention, especially if you have specific food allergies or sensitivities. If you exercise on a regular basis, pea protein helps provide both a pre-workout energy boost and improved post-workout muscle recovery. It has a complete array of amino acids, including high levels of branched-chain amino acids (BCAAs)

Raw Hemp Protein: Hemp is a plant-based, minimally processed, high fiber, protein source with exceptionally high in terms of its complete amino acid structure. It is a readily digestible supplement packing in 7g of protein and 7g of fiber with each of our servings.

Himalayan Salt: This miracle salt contains all of the 84 elements found in your body which enables it to regulate the water content throughout the body and promote healthy pH balance in your cells, particularly in the brain.

Raw Local Honey: Honey has anti-bacterial, anti-inflammatory, and antiseptic properties. It has been used for thousands of years for healing and rejuvenation. Our local honey (name here) can help alleviate allergies and soothe digestion.

Red Reishi: Used for thousands of years in Chinese medicine, this powerful tree mushroom's benefits include their ability to slow the aging process, detoxify the body, reduce blood pressure, eliminate inflammation, prevent cancer, improve cognitive ability, and boost energy.

Maca: This wonder root is rich in vitamin B, C, and E in addition to its abundance of calcium, zinc, magnesium, phosphorous, and amino acids. Maca is widely acknowledged for its magical libido enhancing capabilities. In women, it also relieves menstrual symptoms and menopause.

Maple: This timeless syrup is considered to be a better option given the low calorie count, as compared to honey. The health benefits of can be attributed to the presence of various vitamins and minerals that are present in it. As well, it contains over 63 antioxidants that can help delay or prevent diseases caused by free radicals, such as cancer or diabetes. Maple syrup features high levels of zinc and manganese, keeping the heart healthy and boosting the immune system.

Spirulina: This blue-green algae is considered one of the most nutritious food sources known to man. It is a complete protein containing all essential amino acids, a healthy dose of B-vitamins and iron and has been reported to reduce cholesterol, and increase energy and metabolism.

Wheatgrass: This vitality green deeply cleanses the blood, increases circulation, and improves the lymph system. One ounce of wheatgrass contains the nutritional value equivalent of 2.5lbs of vegetables.