

# Ingredient Benefits



**Activated Charcoal:** Supports detoxification, relieves hangovers, removes toxins

**Almonds:** Rich in healthy fats, supports brain health, stabilizes blood sugar, strengthens bones

**Apple Cider Vinegar:** Aids digestion, stabilizes blood sugar, anti-bacterial, anti-viral, anti-fungal

**Avocado:** Heart-healthy fats, promotes healthy skin, rich in fiber

**Bee Pollen:** Boosts immunity, relieves allergies, supports liver health

**Beet:** Improves blood flow, boosts stamina, anti-cancerous, supports liver function

**Berries:** Heart-healthy, great source of prebiotics, supports brain & liver health, boosts immunity

**Black Pepper:** Enhances absorption of turmeric, enhances absorption of various nutrients, anti-inflammatory, breaks down mucus

**Blue Spirulina:** Relieves allergies, supports respiratory system, anti-inflammatory, heart-healthy

**Butterfly Pea Powder:** Supports healthy skin and hair, anti-microbial, anti-vital, anti-tumorous

**Cacao Nibs:** Mood booster, high in magnesium, good source of prebiotics

**Carrots:** Good for vision, supports skin health, boosts immunity, supports liver health

**Cayenne:** Boosts metabolism, aids digestion, supports detoxification, pain relief, breaks down mucus & clears airways

**Celery:** Supports liver health, Supports cardiovascular system, Reduces risk of chronic disease

**Celtic Sea Salt:** Rich in minerals and electrolytes, rehydrates cells, aids digestion

**Chaga:** Immune system support, anti-inflammatory, anti-cancerous, adaptogenic

**Chia Seeds:** Rich in Omega 3 Fatty Acids, rich in fiber, plant-based protein, heart-healthy, stabilizes blood sugar, promotes healthy bones

**Coconut:** Rich in healthy fats, boosts energy & endurance, rich in fiber, promotes healthy skin & hair

**Coconut Oil:** Rich in MCTs, supports brain function, anti-microbial, anti-fungal, promotes healthy skin & hair, stabilizes blood sugar

**Coconut Water:** Rehydrating, supports muscle function, aids digestion, supports kidney health, supports detoxification

**Cordyceps:** Enhances energy & stamina, supports respiratory health, boost immune function, anti-inflammatory, supports liver & kidney health, improves libido & reproductive health, improves insulin sensitivity

**Cranberries:** Supports urinary tract health, heart healthy, anti-cancerous, promotes healthy skin

**Cucumber:** Rehydrating, supports healthy skin, supports cellular health, aids digestion, supports detoxification

**Dates:** Good source of magnesium, iron & vitamin B6, rich in fiber, provides quick energy for pre or post-work out, heart-healthy, promotes healthy bones, traditionally used for improved and easier labor

**Flax Seeds:** Rich in Omega 3 Fatty Acids, rich in fiber, supports hormone balance & estrogen levels, heart healthy, helps stabilize blood sugar, liver-loving

**Ginger:** Anti-inflammatory, aids digestion, natural pain relief, great for PMS cramps, relieves nausea, anti-bacterial, anti-viral, anti-fungal, supports brain health, supports immune function

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**Goji Berry:** Supports eye health, boosts immune function, promotes healthy skin, adaptogenic, improves mood, helps body manage stress and fatigue, liver-loving, supports detoxification

**Hemp Seeds:** Plant-based protein, rich in healthy fats, heart-healthy, rich in fiber, supports healthy skin, promotes hormonal balance, promotes healthy bones

**Kale:** Heart-healthy, promotes healthy bones, supports liver detoxification, aids digestion & gut health

**Kombucha:** Rich in probiotics, aids digestion, supports immune system, heart-healthy, supports joint health

**Lemon:** Rich in vitamin C, boosts immune function, aids digestion, supports hydration, alkalinizing, supports healthy skin, prevents kidney stones, promotes detoxification, anti-bacterial

**Lion's Mane:** Supports brain health & cognitive function, adaptogenic, enhances mood, reduces anxiety & depression, promotes healthy aging

**Lucuma:** Rich in fiber, promotes healthy skin, nutrient-rich, good for gut health

**Maca Root:** Boosts energy & stamina, supports hormonal balance & adrenal health, alleviates symptoms of PMS & menopause, improves libido, supports mood & cognitive function, adaptogenic, supports fertility

**Matcha Protein:** Plant-protein, supports cognitive function, adaptogenic, rich in fiber, rich in iron

**Moringa Leaf:** Iron rich, anti-inflammatory, supports immune system, heart-healthy, supports brain function, mood & energy, heart-healthy, improves insulin sensitivity,

**Mint:** Aids digestion, relieves nausea & headaches, supports respiratory health, promotes oral health

**Pineapple:** Supports immune function, excellent source of vitamin b6, aids digestion, reduces inflammation associated with sports injuries, sinusitis, surgeries & arthritis, breaks down mucus

**Pea Protein:** Plant-protein, rich in iron, supports muscle growth & recovery, heart healthy, rich in fiber

**Pro-Collagen Protein:** Plant-based protein, enhances natural collagen production, supports healthy bones, skin & hair, supports wound-healing, rich in fiber, supports surgery recovery

**Pumpkin Seeds:** Heart-healthy, promotes prostate health, rich in fiber, supports better sleep & mood, stabilizes blood sugar, liver-loving

**Reishi:** Adaptogenic, heart healthy, liver-loving, supports detoxification, supports sleep quality, promotes relaxation

**Pomegranate:** Heart healthy, anti-cancerous, supports healthy blood flow, promotes healthy aging, skin-loving, reduces risk of kidney stones

**Seamoss Gel:** Natural multi-vitamin, aids digestion, supports immune system, supports blood flow, supports male vitality & libido

**Spinach:** Rich in folate & iron, supports eye health, heart healthy, promotes healthy bones

**Turkey Tail:** Adaptogenic, rich in prebiotics, great for gut microbiome, anti-tumorous, anti-viral

**Turmeric:** Potent anti-inflammatory, relieves pain, supports joint health, anti-cancerous, supports brain function, promotes healthy aging, liver-loving, promotes detoxification

**Watermelon:** Rehydrating, Nature's Gatorade, promotes healthy skin, improves blood flow, supports recovery, supports kidney health

**Whey Protein:** Supports muscle growth & repair, aids in appetite management, promotes fat loss, promotes healthy bones, liver-loving