

SUPERFOOD INGREDIENTS REFERENCE GUIDE

ACAI (BERRY)

Antioxidants + Omega-3s + Energy

ALMOND BUTTER (TRULY RAW)

Vitamin E + Healthy Fats + Fiber + Protein + Probiotics

ADAPTOGEN BLEND (FOUR SIGMATIC)

[Reishi · Cordyceps · Asian Ginseng · Ashwagandha · Tulsi · Gynostemma · Amla · Schisandra · Turmeric · Ginger · Black Pepper]

Immune System + Stress + Energy + Antioxidants + Digestion + Metabolism

ASTRAGALUS (ROOT)

Immune System + Antioxidants + Stress + Anti-Inflammatory

BONE BROTH KETO PROTEIN

[Chicken Bone Broth · MCTs · Ashwagandha · Apple Cider Vinegar · Ginger · Reishi]

Protein + Healthy Fats + Stress + Metabolism + Energy

CACAO (RAW)

Antioxidants + Mood + Energy + Healthy Fats + Fiber

CAMU CAMU (BERRY)

Vitamin C + Antioxidants + Immune System + Mood + Liver

CEYLON CINNAMON (TRUE CINNAMON)

Antioxidants + Metabolism + Digestion

CHAGA (KING OF MUSHROOMS)

Immune System + Antioxidants + Energy + Well-Being

CHIA SEEDS

Omega 3s + Heart Health + Energy + Fiber + Protein

COCONUT OIL

Healthy Fats + Brain + Energy + Weight + Cholesterol

CORDYCEPS (MUSHROOM)

Energy + Stamina + Athletic Performance + Antioxidants

GHEE (GRASS FED)

Healthy Fats + Antioxidants + Anti-inflammatory + Weight + Digestion

GOJI BERRIES

Antioxidants + Energy + HGH + Libido

GOLDEN MILK BLEND

[Turmeric · Ginger · Maca · Goji Berries · Boswellia · Cardamom · Cinnamon · Black Pepper]

Anti-Inflammatory + Antioxidants + Joints + Digestion + Stress

HEMP PROTEIN

Plant Protein + Healthy Fats + Fiber + Muscles + Heart

HEMP SEEDS

Plant Protein + Immune System + Heart + Omega Fat Balance

JUNGLE PEANUTS (WILD)

Healthy Fats + Complete Protein + Mold/Aflatoxin Free

LION'S MANE (MUSHROOM)

Memory + Concentration + Focus

MACA (ROOT)

Hormone Balance + Energy + Athletic Performance + Libido

MATCHA GREEN TEA (CEREMONIAL GRADE)

Chlorophyll + Antioxidants + Energy + Calm + Mind

MORINGA (LEAF)

Detoxification + Energy + Immune System + Stress + Vision

MULTI-COLLAGEN PROTEIN (TASTELESS, ODORLESS)

[Chicken Bone Broth · Ashwagandha]

Protein + Joints + Gut + Skin + Hair + Nails

PATTERSON FARMS MAPLE SYRUP (TIOGA COUNTY)

Antioxidants + Heart + Immune System

PUMPKIN SEEDS (HEIRLOOM)

Mood + Well-Being + Sleep + Heart + Immunity

REISHI (QUEEN OF MUSHROOMS)

Stress + Sleep + Relaxation + Calm

SUPERHERO MUSHROOM BLEND (FOUR SIGMATIC)

[Chaga · Lion's Mane · Reishi · Cordyceps · Enokitake · Maitake · Shiitake · Tremella · Agaricus · Blazei · Meshima · Rose Hip]

Stress + Immunity + Energy + Mind + Beauty

SUN IS SHINING SUPERGREENS

[Spirulina · Chlorella · Wheat Grass · Nettle · Burdock · Alfalfa · Barley Grass · Oat grass · Broccoli · Dandelion · Kale · Spinach · Parsley · Kelp · Dulse · Ginger · Enzymes · Probiotics]

Chlorophyll + Alkalinity + Detoxification + Immunity + Digestion + Energy

SWARMBUSTIN' BEE POLLEN (CHESTER COUNTY)

Complete Protein + Immunity + Allergies + Energy

SWARMBUSTIN' TOTALLY RAW HONEY (CHESTER COUNTY)

Enzymes + Energy + Allergies + Antiseptic + Antimicrobial

TULSI (HOLY BASIL)

Mood + Digestion + Energy