

RAW WRAPS

ALL NATURAL

FOOD WITH BENEFITS

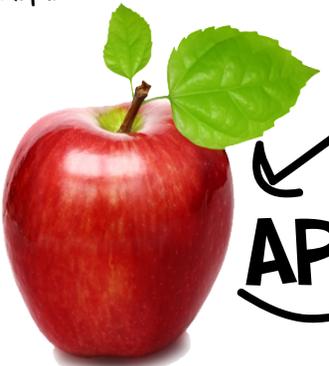
INGREDIENTS IN RAW WRAPS

KALE



When it comes to nutrients kale is off the charts! The super nutrient sulphoraphane activates detox pathways in the liver to neutralize carcinogens. Kale's

isothiocyanates help to destroy abnormal cells and are most abundant in raw kale. Kale's potent supply of beta-carotene, lutein and zeaxanthin help maintain healthy vision and cardiovascular function. Kale's Vitamin K supports normal blood clotting while vitamin A is important for healthy vision & bone health.



APPLES

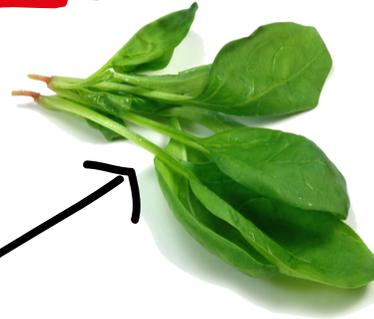
An apple a day, keeps the doctor away! Apples are a secret source of polyphenols (common in green tea).

Diets high in polyphenols are associated with a healthy immune defense and play a role in maintaining heart health. Polyphenols derived from apples have powerful effects on preventing and even reversing the effects of oxidation, inflammation, and glycation- all of which cause aging. A unique polyphenol called phloridzin works to maintain normal blood sugar. The fiber in apples keep you fuller longer.



ONION

onion gives our Raw Wraps Spinach flavor a deep savory flavor. Raw onion encourage the production of good cholesterol, HDL. onions are a natural prebiotic- food for the microbes in your gut. The Chromium in onions help regulate blood sugar. onions have antifungal properties helpful for anyone with Candida overgrowth and gut dysbiosis. onions are high in the flavonoid quercetin. Quercetin is a flavonoid that has both anti-inflammatory and antioxidant properties.



SPINACH

Spinach is abundant in good-for-you nutrients. It's loaded with flavinoids which act as antioxidants, neutralizing free radicals that cause cell damage. The vitamin C and beta carotene in spinach work synergistically to prevent the oxidation of cholesterol. oxidized cholesterol is the

bad type that clogs up arteries and veins. other heart healthy benefits of spinach include it's magnesium which works to support healthy blood pressure by dilating vessels. Spinach feeds the brain vital nutrients and enzymes that it needs to strengthen synapses and produce healthy levels of neurotransmitters.

QUINOA



Quinoa is a super-seed. It's a protein powerhouse, containing all of the 9 essential amino acids. Lysine in quinoa is essential for tissue growth and repair. Riboflavin in quinoa provides brain boosting energy. It's manganese is an antioxidant which helps to prevent damage to our mitochondria.

COCONUT NECTAR



Coconut Nectar is simply the sap collected from the coconut tree before it produces coconuts. It is raw, unrefined and sweet. It has a Glycemic Index of only 35! The

enzymatically active sap contains 17 amino acids, B Vitamins, Vitamin C and Minerals. Unlike agave, coconut nectar is low in fructose, only 10%, avoiding the effects of high fructose contributing to fat storage and spiking insulin.