Greens Supplement

SUPPLEMENT

The average amount of fruits and veggies that are supposed to be consumed per day range in about 5-13 servings… but let’s be honest... most of us are lucky to get 2 servings in and many people consider a French Fry as a qualifying factor. Pssst, it doesn’t… It’s also considered a starch… Anyways, most people struggle to meet their nutritional needs in their usual diets. That’s where supplements come in handy.

Greens supplements help fulfill the vitamins we lack from our usual diet and helps replenish our bodies especially after a workout.

**Some benefits:**

-Provides Vitamins A, C, E, K, fiber, folate, and potassium

-Boosts energy levels

-Combats type 2 Diabetes, Cardiovascular disease, Cancer, and Osteoporosis

-Maintains, cholesterol levels, blood sugar, and blood pressure levels

-Alkalizes stomach acids to promote a healthy metabolism

-Boosts the immune system and promotes strong bones

Enjoy it as a powder or pill, it’s all based on preference. When it comes to trying out one of these supplements, be sure to keep a look out for a couple key ingredients to get the best bang for your buck.

**Including:**

-Ashwagandha: Great for recovery and for endurance in the weight room.

-Wheatgrass: Full of antioxidants and a key ingredient to maintaining blood sugar levels and cholesterol levels.

-Spirulina: A great plant-based protein that has proven to be a great weight loss additive.

-Probiotics: Helps maintain healthy bacteria in the stomach and allows the digestive system to take its course more naturally.

If you’re not meeting your daily needs, you can always take a supplement! But it isn’t meant for the replacement of the real thing. So, remember to eat your veggies!

Interested in trying some simple greens supplements? Here’s some we recommend:

  