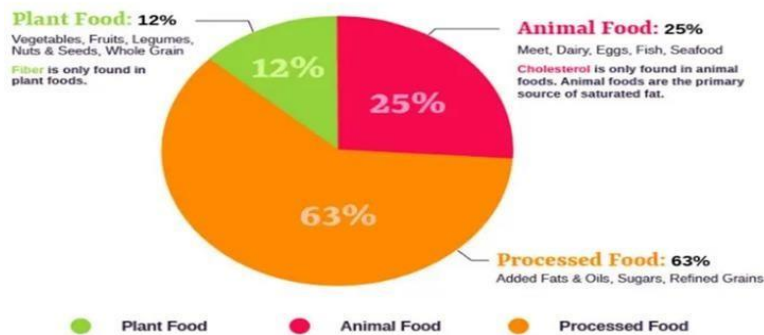


# U.S. Food Consumption



**Be honest => do you eat enough FRUITS, and GREEN VEGETABLES, to protect your DIGESTIVE System - and enhance your IMMUNE System??**

**If you're like most of us, probably NOT (see above). But there IS a way!!**

**Besides “watching your DIET + getting some EXERCISE / REST / RELAXATION” - a smart move is to => embrace GREEN SUPERFOOD POWDERS, daily - as this will help you FILL THAT VOID - and, give your body the “better nutrition” it has been CRAVING (for both improved DIGESTION - and strengthened IMMUNITY)!**



**VALUE** - Leafy greens, and green vegetables (at least 3 cups/day are recommended) ... these provide some of the healthiest nutrition on the planet, but (obviously!) the vast majority of us do NOT eat “nearly” enough of them! Dark green Vegetables (and ‘some’ GREEN SUPERFOOD POWDERS) are loaded with goodies like: VITAMINS / MINERALS / FIBER / ANTIOXIDANTS / ADAPTOGENS / HERBS / PROBIOTICS / DIGESTIVE ENZYMES / PREBIOTICS / etc. / etc. ...

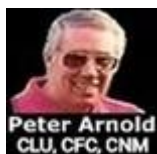
**CONVENIENCE / CLEANLINESS / SAFETY** - Properly chosen, the POWDERS will be faster / cleaner / safer than produce selected from STORE shelves. And because TIME is so “scarce” - most will not be able to do the “deep research” needed, in order locate only the very best GREENS (which, IF possible, will be “certified” to be USDA Organic, Whole Food / Non-GMO / Vegan / Gluten Free / Dairy Free / Soy Free / made with Real Food / NO added Sugar - Flavor - Sweetener - Color). All you do is “mix the Green Powders into water, or other liquids - and stir” - simple. Below, are some of the TOP ‘picks’ for this.





Not all 'GREEN POWDERS' are Created EQUAL - Some will "taste better" than others ... some will "cost more" than others ... some will have "more (or better) ingredients" than others ... some will be "harder to get" than others (shipping to fewer countries, etc.) ... some will be available from many sources (the maker, itself / Amazon / iHerb / Well.ca / etc.) ...

GREEN POWDERS Should "Not REPLACE" our Fruits & Veggies – Yes, eating our fruits & veggies can give us the satisfaction of "chewing" - and are high in "water" - which may help us to better "satisfy our hunger" - and "promote fullness". Yet some Green Powders also help do this, and they're also great for traveling (no rinsing / chopping / cooking required). But, most of us will need to "try several" Green Powders - until we finally settle on taste, and on how they actually make us feel. Then, we can select the BEST - for us.



**BEST GREEN SUPERFOOD POWDERS**