

Eat Your GREENS



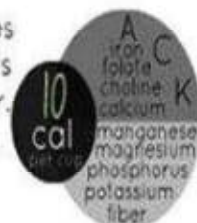
Mustard greens prevent arthritis and anemia, lower LDL cholesterol, battle the onset of heart disease, and offer protection against cancerous growths.



Arugula inhibits cancer growth and improves immune defenses. It is an excellent choice for building healthy bones.



Romaine lettuce promotes heart health and prevents strokes, as well as cancer. It builds healthy bones, eyes, skin, and mucus membranes.



Collard greens help lower LDL cholesterol, regulate blood sugar, and combat osteoporosis. It also boosts the immune system against viral and bacterial infection.



Spinach improves red blood cell function, strengthens bones, regulates heart rate and blood pressure, and combats free radicals.



Although lowest of all leafy greens nutritionally, iceberg lettuce combats anemia, heart disease, and age-related illnesses.



Swiss chard helps maintain connective tissue, controls heart rate and blood pressure, as well as sugar levels. It prevents anemia and boosts immunity.



Kale is the most nutrient-dense green leafed vegetable. It aids in blood clotting, promotes healthy vision and retinal function, and fights cancer.



Turnip greens enhance collagen synthesis, build healthy bones, combat anemia, and boost immune defenses against cancer and illness.

