THE POWER OF POWDERS

Acai
- Rich in antioxidants and amino acids
- Supports immune system
- Improves heart health

Beet
- High in nitrates, which can improve athletic performance
- Helps lower blood pressure
- Boosts red blood cell production

Blueberry
- Contains high levels of antioxidants
- Supports brain function
- Promotes heart health

Cacao
- Rich in flavonoids and antioxidants
- May improve brain function
- Supports heart health

Camu Camu
- High in vitamin C
- Improves skin health
- Boosts immune system

Chlorella
- Provides a range of vitamins and minerals
- May support weight loss
- Promotes digestion

Goji
- Rich in antioxidants and vitamin C
- Supports immune system
- Improves skin health

Green Tea
- Contains antioxidants called catechins
- May help with weight loss
- Supports heart health

Guarana
- Rich in caffeine
- May increase energy levels
- Supports weight loss

Hemp Protein
- Contains a range of amino acids
- May improve heart health
- Supports healthy immune system

Kelp
- Provides iodine
- May support thyroid function
- Supports heart health

Maca
- Contains compounds that may increase energy
- Supports sexual health
- May improve mood

Morninga
- Contains antioxidants and vitamin C
- Supports immune system
- Improves skin health

Pomegranate
- Rich in antioxidants
- May support heart health
- Supports skin health

Wheatgrass
- High in vitamins and minerals
- Supports digestive health
- Promotes energy

DIY Detox Drink
- 1 tbsp. of Green Tea powder
- 1 tbsp. of Pomegranate powder
- 1 tbsp. of Acai powder
- 2 handfuls of kale

DIY Energy Popsicle
- 1 scoop of Hemp Protein powder
- 1 tbsp. of Chlorella powder
- 1 tbsp. of Maca powder
- 1 cup of water

DIY Immune Boost Smoothie
- 1 scoop of Camu Camu powder
- 1 tbsp. of Goji powder
- 1 tbsp. of Aloe vera gel
- 1 cup of mixed berries

DIY Beauty Mask
- 1 tbsp. of Green Tea powder
- 1 tbsp. of Moringa powder
- 2 tbsp. of honey

MORE POWDER GOODNESS AT Nuts.com