



*Whole foods will provide your body with additional minerals and vitamins. Here is a list of fruits and vegetables recommended to use for your daily smoothies.*

*Here's to mindful eating!*

*- Romelite Herbs*

#### Kiwi

Loaded with copper to help make red blood cells. Use one kiwi per 48oz of smoothie or use two for 48oz or more.

#### Parsley

Loaded with iron. One of iron's main functions is to carry oxygen into the cells to keep them strong. Use one pinch of fresh parsley per 48oz or less. Use a handful when making smoothies larger than 48oz.

#### Cilantro

Adds fiber. Fiber helps keep the inside of the body clean by aiding in removing toxins. Use a pinch of fresh cilantro per 48oz or less. Use a handful of fresh cilantro for 48oz or more.

#### Spinach

Provides zinc. Zinc feeds white blood cells to keep your immune system strong. Use a handful of fresh spinach.



## Health Made Simple

#### Apple

Provides a source of antioxidants. Antioxidants help white blood cells fight free radicals. Use one fresh apple per 48oz or less. Use two apples for 48oz or more.

#### Pineapple

Provides vitamin c. Vitamin c helps strengthen the immune system. Use 3-4 slices.

#### Dandelion

Provides the cells with beta carotene. Beta carotene is needed to make new red blood cells. Use one handful.



#### Cactus

Cactus is an anti-inflammatory. It cleans up debris in the blood. Use a small slice per 48oz.

#### Kale

Chlorophyll helps the body use the energy from the sun. Use one handful of fresh kale per 48oz.

#### Cucumber

Helps the liver detoxify itself. Use three to four slices per 48oz.

# Romelite Herbs

NATURAL HERBS FOR NATURAL LIVING



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