

G - B O M B S

SUPERFOODS FOR WEIGHT LOSS AND LONGEVITY

G-BOMBS is an acronym for a nutrient-dense healthy eating style.

Greens • Beans • Onions • Mushrooms • Berries • Seeds



GREENS are the most nutrient-dense food on the planet! Containing the most powerful anti-cancer and anti-fat storage effects. Also promotes healthy vision, reduces the risk of diabetes, and increases stamina.



BEANS reduce starch calorie absorption, promote fat burning, and reduce cholesterol level. Very high in Fiber and a low Glycemic Index. Also reduces the risk of colon and breast cancer.



ONIONS beneficial effects on the cardiovascular and immune systems. Also, known to be anti-diabetic, anti-cancer effective and an anti-inflammatory. Low in calories, low Glycemic load and inhibit fat storage.



MUSHROOMS contain powerful Angiogenesis inhibitors that reduce and fight many types of cancers. They also prevent fat storage and promote weightloss. Extremely low in calories!



BERRIES have a surprisingly low sugar level! They promote weight loss with high nutrient-per-calorie density, a low Glycemic index and load. Containing Angiogenesis inhibitors preventing many cancer types.



SEEDS are the best source of healthy and essential fat. Beneficial to our cardiovascular system, fighting against breast cancer and helping reduce cholesterol. High in anti-oxidants and Omega-3s.

According to Dr. Fuhrman, you will simultaneously flood your body with protective substances and naturally guide your body to its ideal weight, with no hunger or feeling of deprivation. Nutrient-dense foods are very rich in vitamins, minerals, phytochemicals, antioxidants - and are low in calories! Foods that can virtually be consumed in unlimited quantities, help fight harmful diseases and exceptionally nutritious.

 **SUPER VALUE**

