

SEAMOSS -- improves metabolism; revives dull and dry hair; maintains healthy weight; make joints stronger; gives healthy glowing skin; boost youthful appearance; strengthen immune system; promotes fertility in women.

Sea Moss has a modest level of protein and is minimal in fat and calories. It provides a range of vitamins and minerals and is a powerful iodine and anti-oxidants provider. All these can be proven to be highly beneficial nutrients for women.

[MILLED] FLAXSEED – Heart healthy (reduces blood pressure; lowers bad cholesterol level). Lowers cancer risks (contains a high level of a compound named lignans, which is known to lower cancer risks, especially prostate and breast cancers).

HEMP SEEDS -- Rich in two essential fatty acids: alpha-linolenic acid (omega-3) and linoleic acid (omega-6). The ratio of omega-6 to omega-3 is typically 2:1 or 3:1 in hemp seeds, which is considered excellent for human health. Excellent source of dietary fiber, aiding in healthy digestion (lowering risks of health conditions, such as heart disease, diabetes, and colon cancer). Improves heart health; lowers blood pressure. Reduces inflammation (type ii diabetes; arthritis; non-alcoholic fatty liver disease; reduces acne). High in nutrients (b vitamins; vitamin e; iron; magnesium; potassium; zinc; phosphorous).

[GREEN] CHLORELLA POWDER – Good source of vitamin a; zinc; iron; phosphorus; magnesium; b vitamins; folate. A great anti-oxidant. It has anti-viral, anti-bacterial, and anti-tumor properties.

ASHWAGANDHA [ROOT] POWDER – Ashwagandha contains chemicals that might help calm the brain (relieving stress and anxiety), reduce swelling, and lower blood pressure.

HMB POWDER – HMB is a substance that your body produces naturally when it breaks down leucine, a branched-chain amino acid (bcaa) that's essential for protein synthesis and muscle repair (but it produces it in small amounts). Taking hMB supplements provides certain benefits, such as increased exercise performance, reduced muscle breakdown, and increased muscle growth [for older individuals – ages 45+ -- keeping muscles tighter]. HMB is also used medically to reduce muscle atrophy/prevent muscle loss for patients going through chemotherapy, suffering from Parkinson's or AIDS, etc.