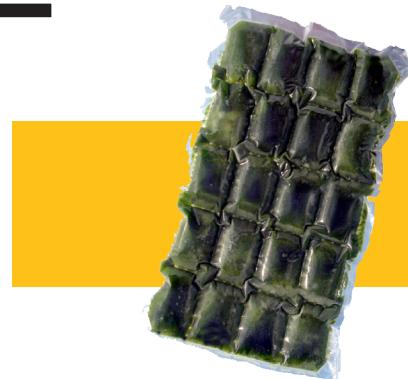




ontargetliving.com

\$5/day can change your life

SUPERFOODS



WHEATGRASS JUICE

100 fl oz/200 cubes = \$189.00

3 cubes/day
or 1.5 ounce/day = **\$2.86/day**



SPIRULINA/CHLORELLA



1 \$30.00 bag = 1000 tablets

Price per serving = **\$0.30/day**
10 - 30 tablets/serving



COD LIVER OIL



1 \$39.00 bottle = 33 (1 tbsp.) servings

1 tablespoon/day = **\$1.18 /day**

Wheatgrass, Spirulina/Chlorella and Cod Liver Oil are the top 3 superfoods we recommend for better health and performance. These superfoods are incredibly powerful. They are the best source, provide the most benefits, taste the best, and are the most affordable. Did you know that adding all 3 superfoods to your life costs only \$4.34 a day? The benefits are priceless.

WHEATGRASS

This wheatgrass is the highest mineral source in the world with over 90 minerals, making it extremely alkaline. Wheatgrass is high in chlorophyll, which acts as a powerful detoxifier. Wheatgrass strengthens our cells, neutralizes environmental pollutants, aids digestion, helps with acid reflux, improves digestion, metabolism and weight-loss, decreases inflammation, and improves skin, hair and nails. This particular wheatgrass comes in ice cube form. It is grown, cut, and flash frozen to provide you with the most nutrients. Because it is frozen right at its peak nutrition state--it will contain lots of live digestive enzymes helping to improve bloating, elimination, and absorption. The wheatgrass you typically find in the grocery store will be expensive, pasteurized and low in minerals. How To: Melt 3-5 wheatgrass ice cubes in a glass of water and drink first thing in the morning on an empty stomach. (A shot of energy!)



SPIRULINA/CHLORELLA

These fresh water algae are especially great for strengthening the immune system and is a great way to stay energized. It's algae at the source and is molded into a tablet—real food. No processing or heating involved. Spirulina and chlorella are high in protein making it a great source for vegans or protein needs in general. It is also a good source of iodine needed for a healthy thyroid and metabolism. Spirulina/chlorella is an awesome superfood to take on the go especially when you aren't able to take your wheatgrass. Ideally, you would want to take both wheatgrass and spirulina/chlorella since they do different things for the body (wheatgrass is the highest source of minerals, and spirulina/chlorella is especially great for the immune system). But, when you simply can't take your wheatgrass or are on the go--double up on your spirulina/chlorella for that extra dose of greens and cleansing chlorophyll. You can think of spirulina/chlorella as your travel multivitamin. How To: Swallow (don't chew) the tablets with water! Aim for 10-20 per day. It is best taken 15-20 minutes prior to eating.



COD LIVER OIL

This omega-3 fat is essential for healthy hormonal balance, brain health, joint health, weight loss, metabolism. Cod liver oil also plays a role in relaxation, contributing to a good night's sleep. Because we have limited access to fresh, wild caught fish, it is important to get a healthy dose of omega 3s from high quality fish oil everyday. Nordic Naturals Orange Flavored Cod Liver Oil is the highest quality fish oil on the market, sourced right from the Norwegian Seas. It also tastes good with no fishy after taste or burping involved. The reason we recommend cod liver oil is the liver of the cod is naturally high in vitamin D, which is needed to absorb calcium. How To: Take 1-2 Tablespoons per day (1500-3000 mg of EPA/DHA per day)

