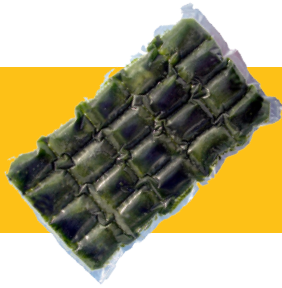


SUPERFOODS

ontargetliving.com

**\$5/day** can change your life



WHEATGRASS JUICE



100 fl oz/200 cubes = \$ 189.00

3 cubes/day  
or 1.5 ounces/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**



COCONUT OIL



14 oz = \$13.39 (28 tbsp)

1 tablespoon/day = **\$0.47/day**



FLAX or CHIA SEEDS



Flax - 24 oz = \$4.69 (56 tbsp)  
Chia - 12oz = \$14.99 (24tbsp) or

1 tablespoon/day = **\$0.08/day**  
1 tablespoon/day = **\$0.62/day** or



## WHEATGRASS

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 metabolism and weight-loss, decreases inflammation, and improves skin, hair and nails. Melt 2-5 wheatgrass ice cubes in a glass of water and drink first thing in the morning on an empty stomach. If using wheatgrass pills aim for 7-10 tablets per day.



## SPIRULINA/CHLORELLA

These fresh water algae are super high in chlorophyll and help to build the immune system, detoxify the body and improve digestion. They are also high in iodine which is needed to support the thyroid gland and improve metabolism. Because spirulina/chlorella are high in nucleic acid they are considered a cell builder and can help the body to naturally heal itself. Spirulina and chlorella are also high in protein making it a great source for vegans or protein needs in general. Swallow (don't chew) the tablets with water! Aim for 10-20 tablets/day. It is best taken 15-20 minutes prior to eating.



## COD LIVER OIL

This omega -3 fat contains EPA & DHA all of which contributes to a healthy heart, brain, hormonal balance, and decreased inflammation. Cod Liver also helps to improve cellular function, energy, mood and aids in weight loss. Cod Liver Oil is also high in vitamin D, which is needed to absorb calcium. Take 1-2 Tablespoons per day (1500-3000 mg of EPA/DHA per day)



## VIRGIN COCONUT OIL

Virgin coconut oil is a healthy saturated fat high in lauric, capric, and caprylic acids, which have antiviral, and antifungal properties contributing to a healthy digestion. Coconut oil also contains medium- chain fatty acids that can aid in a healthy metabolism. Aim for 1 tbsp. per day. Cook or bake with it using a 1:1 ratio of butter/oil to coconut oil. May also be used as a spread.



## FLAX/CHIA SEEDS

Flaxseeds and chia seeds are high in omega-3s (ALA) and fiber and contain antiviral, antifungal, antibacterial, and anticancer properties. These super omegas help to lower inflammation, balance hormones, and improve digestion. Flaxseeds must be ground to reap their wonderful benefits. Chia seeds can be consumed in their original state. Take 1-2 Tablespoons per day. Add to cereal, smoothies, and salads. For a tasty snack, mix 2 tbsp. flaxseeds or chia seeds with ¼ cup of juice, let sit for 10 minutes to thicken and eat with a spoon.