



Seeds and grains are what our ancestors lived on for generations when obesity and diabetes almost didn't exist.

You have almost eight metres of intestinal tract – that's the length of two small cars! Kapai Puku can help exfoliate and clean your intestinal tract, increase your metabolic rate, and suppress your appetite. It's simple, unprocessed food – medicine the way Mother Nature intended.

Benefits

- ✓ Rich source of essential fatty acids including omega-3 fatty acids.
- ✓ High in fibre, protein and complex carbohydrates.
- ✓ Low in sugar and salt.
- ✓ Easily digested, helping to improve digestive health and aid with detoxification.
- ✓ Contains silica, known to promote healthy smooth supple skin and healthy hair and strong nails.
- ✓ Source of B complex vitamins, these are vital for energy products and the health of the nervous system.
- ✓ Assists in prevention of cardiovascular disease.
- ✓ An excellent source of the antioxidant and disease protecting vitamin E
- ✓ Help reduce the development of diabetic complications.
- ✓ Rich source of minerals including Zinc, Calcium, and Phosphorus.
- ✓ A good source of magnesium, a mineral associated with reducing the severity of asthma, preventing migraine headaches, as well as lowering high blood pressure thereby reducing the risk of heart attack and stroke.
- ✓ Assist with weight loss, by regulating blood glucose levels and promoting satiety, helping to keep your fuller for longer.
- ✓ Contains 8 seeds and 2 grains that are genetically modified free and Gluten Free!
- ✓ Meal supplement add to yoghurts, muesli, smoothies, salads, curries and soups – great creative!

Find more information at
www.kapaipuku.com



More Taste. More Energy. More Life.™