

**NEW PRODUCT**

# Organic Mash

**Potatoes are a great source of vitamin B6, copper, potassium, antioxidants and dietary fibre.**

Organic potatoes contain higher content of nutritionally significant minerals with higher amounts of vitamin C, iron, magnesium, and phosphorus and significantly less nitrates and heavy metals than conventional crops. The starch in them is readily digestible and converted into glucose.

Potatoes contain a variety of phytonutrients that have antioxidant activity. Phytonutrients are potent antioxidants that can neutralize free radical damage. Free radicals are highly reactive chemical substances that, if left unchecked, can lead to premature aging and disease.

Conventionally grown potatoes are known to be among the top vegetables that contain a high concentration of pesticide residue . It is recommended that you eat only organically grown potatoes in order to reduce the risk of sickness caused by pesticides. Potatoes are good for stomach ulcer, duodenum ulcer and stomach acidity and offer a significant protection against cardiovascular disease and cancer.

Oliver's Organic Mash Potatoes are served with their skins, as most of the nutrients are concentrated just under the skin.

**Side Serve**

just  
**\$2.<sup>90</sup>**



***More Taste. More Energy. More Life.<sup>TM</sup>***