

**NEW PRODUCT**

# Steamed Green Beans

with Celtic Sea Salt

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with essential nutrients.

Beans are an excellent source of Vitamin C, Vitamin K, Manganese, Vitamin A, Dietary Fiber, Potassium, Folate, Iron, Magnesium, Thiamin, Riboflavin, Copper, Calcium, Phosphorus, Protein, Omega-3 fatty acids and niacin.

Few foods compare to green beans in their number of helpful nutrients to assist in:

- Maintaining strong bones
- 122% of the daily recommended dose of vitamin K in one cup of green beans, this is crucial to having strong bones
- Cardiovascular Protection
- Colon Health
- Iron for Energy
- Antioxidant Protection & Much More

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



*More Taste. More Energy. More Life.™*