Your Body On

GREENS

Meet & Eat the Greens

Lettuce

Spinach

Arugula

Collards

Kale

Cabbage

HOW THEY WORK

Feel ENERGIZED

Increase Power & Strength

Recover Faster

Go Harder, Longer

1. Leafy greens contain: **Nitrate**
2. Body converts to: **Nitric Oxide (NO)**
3. More oxygen & blood delivered to muscles.

References:

Hord M, Tang Y, Bryan N. Food sources of nitrates & nitrites: The potential health benefits. AJCN. 2009.

Jones, A. M. Dietary nitrate supplementation and exercise performance. Sports Medicine. 2014.

Leafy Greens also contain:

- B-Vitamins for energy production and muscle growth
- Antioxidants to reduce inflammation and muscle soreness