Superfood

Organic and wild-harvested whole-food vitamins and minerals — the raw material your body rebuilds itself with.

This Herbal Combination



Nutritional Yeast — the largest part of the blend. About half complete protein and the richest source of B vitamins, along with iron and many other minerals. It is grown on beets and molasses, then heated enough to stop all yeast activity but not enough to harm its B vitamins, so it is completely non-active and safe for those with Candida or on a yeast-free diet.



Spirulina — one of the most concentrated, nutritious foods on the planet and the highest natural source of complete protein. It is rich in beta carotene, B vitamins and minerals, and its soft cell wall makes it easy to digest and absorb.



Chlorella — second only to Spirulina in nutritional content, an extremely concentrated algae that complements Spirulina well. Its cell wall is cracked to make the nutrients easy to digest.



Alfalfa, Barley and Wheat Grasses — the vitamin and mineral herbs. Mildly cleansing and the greatest sources of nutrition of any grasses, rich in vitamins, minerals and chlorophyll. Grain grasses are more potent than the grains themselves.



Super Kelp Mix — Atlantic Kelp, Irish Moss and Dulse. Seaweeds are the richest source of assimilable minerals on the planet, carrying all the minerals and trace minerals of the oceans and the earth's crust.



Beet Root and Spinach Leaf — some of the richest, most assimilable sources of organic iron. Beets turn raw elements from the soil into plant minerals we can use, and Spinach is rich in calcium, iron and vitamin K. Both are known for

their blood-building ability.



Rose Hips — revered as one of the best sources of vitamin C, along with the bioflavonoids and trace elements needed to absorb it.



Orange and Lemon Peels — a balanced, complex source of vitamin C with bioflavonoids, rutin, hesperidin and calcium. The citrus peels are also one of the highest sources of pectin, long valued for helping the body clear heavy metals.

How It Works

Nutrition is vital to the healing process. Here at HEAL I have seen it over and over: whether you are working through a major illness or just cleansing for a healthier life, you need nutrition.

Different herbs target different areas of the body, promoting circulation and restoring the body to health. What many people don't understand is that the herbs alone don't provide all the nutrition needed to do the work they are capable of. It's like sending a master builder to your home site with the blueprints and the know-how, but never providing the materials to build with. You won't be moving in any time soon. Without plenty of raw building material, you won't see your personal miracle any time soon either.

Nature has blessed us with certain foods so nutritionally potent, concentrated and complete that I call them Superfoods. They are God's master builders, carrying the building blocks the body needs. These are nature's nutrients, not man-made synthetic vitamins, from some of the richest whole-food sources on the planet. This zero-fat blend gives quick energy without slowing you down, and it should be the foundation of any health program, because it is nutrients that build your body and your health.

Suggested Use

2 heaping tablespoons a day, added to your favorite juice or blender drink. Many of these foods are single-celled plants that digest easily and enter the bloodstream quickly.

Four heaping tablespoons a day is a good amount when you want a real boost; nearly everybody notices the difference right away.

Nutrition Facts

Approximate values per serving, calculated from the current recipe.

Nutrition Facts

Serving size	**2 heaping Tbsp (about 16 g)**
Amount per serving	
Calories	**55**
	% Daily Value*
Total Fat 0.5 g	**1%**
Sodium 30 mg	**1%**
Potassium 320 mg	**7%**
Total Carbohydrate 7 g	**3%**
Dietary Fiber 4 g	**14%**
Protein 5 g	
Iron 2.5 mg	**14%**
Calcium 80 mg	**6%**
Thiamin (B1)	**350%**
Riboflavin (B2)	**310%**
Niacin (B3)	**150%**
Vitamin B6	**250%**
Folate	**130%**
Vitamin B12	**90%**

B vitamins come from fortified nutritional yeast. Also a natural source of vitamin C and bioflavonoids (rose hips and citrus peels), chlorophyll, and iodine and trace minerals (kelp).

* Daily Values based on a 2,000-calorie diet. Approximate values calculated from the ingredients; not lab tested. Values vary a little with each batch of whole-food ingredients.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Superfood: Raw Material for Healing" at www.daradietz.me.