



Beet Root Benefits

- **High In Fiber**
- **Helps Lower Blood Pressure**
- **Contains Nitrates (Helps When Working Out)**
- **Increases Energy**
- **Great Source Of Vitamins & Minerals**
 - **Folate (Vitamin B9)**
 - **Manganese**
 - **Potassium**
 - **Iron**
 - **Vitamin C**
- **Helps Fight Inflammation**
- **Improves Digestion**
- **Supports Brain Health**
- **Helps Protect The Liver**
- **Supports Detoxification**
- **Reduces The Risk Of Strokes**
- **May Have Anti-Cancer Properties**

Available In Powder, Juice, And Pills

3141 W. Roosevelt Rd. • Chicago, Illinois • 60612 • 773-762-1090



nlhealthchicago.com