

NOURISH

superfoods & sprouts

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Organic Carrot Juice, Organic Banana, Organic Nettle, Organic Sea Buckthorn Juice, Organic Oat Grass, SproutGarden® (Organic Broccoli Sprout, Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Sprout, Organic Flax Sprout, Organic Sunflower Sprout, Organic Pumpkin Sprout, Organic Chia Sprout, Organic Sesame Sprout), VitaVeggie® (Organic Broccoli, Organic Broccoli Sprouts, Organic Tomato, Organic Carrot, Organic Spinach, Organic Kale), Organic Camu Camu, Triphala

Other Ingredients: Organic Luo han guo (Monk Fruit) and Organic Cacao

SproutGarden® and VitaVeggie® are trademarks of VDF FutureCeuticals, Inc., used under license.



suggested use

- Add 1 teaspoon NOURISH to milk, juice, smoothies, etc. Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

Worry about one less thing - with NOURISH Superfoods & Sprouts you've got nutrition covered!

NOURISH is the ultimate wholefood multivitamin formulated with a full-color spectrum of organic veggies, fruits, herbs, and nutrient-dense sprouts. Perfect for kids of all ages! Each scoop of NOURISH has an ORAC value equal to the antioxidant power of over 7 servings of fruits and vegetables, making it quite possibly the best multivitamin on the planet!

The ingredients are gently blended, never heated, and are always free of artificial colors, artificial flavors, fillers, sweeteners, additives, and synthetic, isolated, or fractionated vitamins & minerals. NOURISH contains an impressive array of dense nutrients, all from whole foods, created in nature as they should be.

A single scoop of NOURISH delivers amazing green nutrition and helps achieve the daily recommended allowance of fruits, vegetables, and super-critical nutrients like Omega-7 that are missing in today's modern diet.

Best of all, just one scoop of NOURISH has the antioxidant equivalent of 7 servings of fruits and vegetables PLUS it's naturally rich in super-critical Omega-3, -6, -7 & -9. With its delicious chocolate flavor, don't be surprised when your kids start asking for NOURISH Superfoods & Sprouts!

NOURISH is the ultimate concentrated superfoods powerhouse created from a full-color spectrum of organic veggies, fruits, herbs, and super nutrient-dense sprouts.

highlights

- **IMMUNE SYSTEM SUPPORT:** High antioxidant (ORAC) value, rich in phenolics, phytochemicals, glucosinolates and sulphoraphanes.
- **MENTAL & PHYSICAL ENERGY:** High levels of B Vitamins and other essential nutrients from green whole foods that the body recognizes.
- **ALLERGY SUPPORT:** Contains natural antihistamines and anti-inflammatories (including quercetin), that open bronchial and nasal passages.
- **OMEGA-3, -6, -7 & -9:** Sea Buckthorn is rich in essential amino acids including the rare Omega-7, Vitamin C, and 190 other bioactive nutrients.
- **COMPLETE NUTRITION:** Sprouts are rich in chlorophyll, have anti-inflammatory and antibacterial properties, and 30x more nutrition than cooked food.
- **pH BALANCED:** Rich in alkaline-forming foods including organic grasses, veggies, and sprouts aimed at neutralizing damaging acids in the body.

Black Seed Extract

3,000 mg Thymoquinone

1 ounce

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ingredients

Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil

suggested use

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.

Start On a Low Dose

- From a few drops to 10 drops 1x per day for 2-7 days
- Then 5 to 10 drops 2x per day for 2-7 days
- Build up to 10-20 drops 2x per day

Children 12 & Up

- 1-5 drops 1x per day for 2-7 days
- 2-5 drops 2x per days for 2-7 days
- Build up to 5-10 drops 2x per day

Children 6 & Up

- 1/2-2 drops 1x per day for 2-7 days
- 1-3 drops 2x per day for 2-7 days
- Build up to 1-3 drops 2x per day

responsible cautions

- May increase the effect of anticoagulant drugs.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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product summary

Black Seed (*Nigella Sativa*) is a traditional herb that has been used for centuries to promote health and general well-being. It does not contain CBD and/or THC.

Also known as Black Cumin, Black Caraway, or the "Blessed Seed", Black Seed has a rich and diverse chemical composition containing the phytochemicals thymoquinone and crystalline nigellone, antioxidants, amino acids, proteins, carbohydrates, essential fatty acids, and minerals like calcium, iron, and potassium.

Since 1959, over 500 peer-reviewed studies at international universities and untold journal articles have been published on this multi-faceted herb, and many of Black Seed's components are still being discovered and researched.

Millions of people in Asia, the Middle East, Eastern Europe, and Africa have used Black Seed for thousands of years to support the body with a variety of concerns like respiratory health, stomach and intestinal complaints, circulatory and immune system support, and skin conditions.

Black Seed may support metabolism and improve digestion, and published studies have shown that it may have a healthy effect on blood sugar levels.

Thymoquinone, the chief bioactive constituent in Black Seed, holds promising pharmacological properties against several diseases. It exhibits outstanding antioxidant, anti-inflammatory, anticancer, and other important biological activities.

Fulvic Acid

essential biominerals



ingredients

Humic & Fulvic Acids including natural plant-based macro and trace ionic minerals, Electrolytes (Potassium Carbonate, Potassium Bicarbonate, Magnesium Sulfate)

Other Ingredients: Reverse Osmosis Purified Water

responsible cautions

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product summary

A naturally occurring organic compound, Fulvic Acid is created when beneficial microbes work on decomposing plants in soil that has adequate oxygen. It is one of the best natural electrolytes known to man, and has been found to be an essential component in the metabolic process of living cells.*

When fulvic acid converts inorganic metallic and rock-form minerals into a biologically active form, fulvic minerals are created. This process is millions of years old and began with the decay of huge prehistoric plants. Their decomposition deposited minerals into the soil, which fed the growth of new plants. For centuries this cycle has repeated itself, creating large deposits of humic and fulvic minerals preserved due to their specific geographic locations. Many of these prehistoric deposits are now being used to improve the health and overall wellness of modern man.*

Not yet very well known or fully understood by much of the scientific and medical community, fulvic and humic acids have not been able to be synthesized in a lab or clearly defined, due in large part to their extremely complex natural composition.*

Researchers have recently begun studying fulvic acid more closely, and have made some surprising discoveries. In addition to being an excellent natural electrolyte and essential to living cells in carrying on metabolic processes, fulvic acid is also a powerful antioxidant and has the unique ability to react with both negatively and positively charged unpaired electrons and render free radicals harmless. At the cellular level, fulvic acid can help correct cell imbalances, stimulate growth and repair, and support energy production.*

Containing a remarkable array of minerals, vitamins, amino acids, bio-chemicals, natural antibiotics and antivirals, antioxidants, enzymes, organic fungicides, and free-radical scavengers, our Fulvic Acid comes from one of the richest known sources of fulvic minerals in the world and is extracted using a cold process to preserve its nutrient-rich raw state.*

directions

- Shake well before use. Add 325 mg (1/8 teaspoon - approximately 20 drops) to non-chlorinated water or your favorite beverage once daily.*