

FAQ – SUPERFOOD

What is NaturesPure Super Food?

Super Food are Super formulae that contain vitally active ingredients that are most essential for good health and wellness with high level of nutrients such as Vitamins, Minerals, Essential Amino acids, Essential Fatty Acids, Essential Sugars, unique Phytonutrients such as Chlorophyll, Fibers, Prebiotics, Probiotics etc.

A serving as in Naturespure Superfood, carefully designed to supplement antioxidants, anti-inflammatory compounds, essential amino acids, essential fatty acids, Chlorophyll, Vitamins and its precursors, prebiotics, probiotics, minerals, and more supplemented through an array of Super leaves (Spinach, Alfalfa, Kale), Super fruits (Pomegranate, Goji berry, Blueberry, Sea buckthorn), Super Grains (Barley), Super roots (Carrot, Beetroot), Super Algae (Spirulina) etc.

What are the Ingredients of NaturesPure Superfood?

- Blueberry
- Spinach
- Spirulina
- Alfalfa
- Beetroot
- Carrot
- Pomegranate
- Sea buckthorn
- Apple cider vinegar
- Goji berry
- Kale
- Barley
- Vitamin C
- Vitamin B6

How to Consume NaturesPure Superfood?

- Take 60 ml of water, add 1 sachet (10 gm) of SUPERFOOD Powder and stir to make paste.
- Add water to fill remaining volume of the cup (Approx.100ml). Stir briskly until dissolved before drinking.

Think of a smoothie, a shake or any beverage of your choice fortified with NaturesPure Superfood

What are the Benefits of NaturesPure Superfood?

- Superfoods help in strengthening and boosting your immunity.
- Superfood benefits your energy, boosts your stamina, and keeps you going
- May help to Improve brain function,
- May help to Improve heart health,
- May help in reduced inflammation
- Rich in antioxidants
- May help in cancer prevention
- Low in calories and fat
- High in fibre, vitamins, and minerals.
- Benefits urinary health,

What are the benefits of the ingredients?

Blueberries are often called a “superfood.” This small but mighty berry is loaded with nutrients. They may help lower blood pressure, prevent heart disease, improve memory, aid in exercise recovery. Blueberries are high in fibre, which can help with normal digestion. They also contain vitamin C, other antioxidants, and chemicals that might reduce swelling and destroy cancer cells. People use blueberry for aging, memory and thinking skills, high blood pressure, athletic performance, diabetes.

Spinach Powder is nutrition-packed, it's a source of chlorophyll and antioxidants, vitamins A, C, E, K, B2, and B6, magnesium, manganese, folate, iron, calcium, potassium, folic acid, phosphorus, zinc, niacin, selenium, omega-3 fatty acids, and the list goes on and on.

Spirulina, is a natural “algae” (cyanobacteria) powder that is incredibly high in protein and a good source of antioxidants, B-vitamins and other nutrients.

Alfalfa, is a nutrient-dense plant that contains antioxidants, vitamin K, copper, folate, and magnesium. May help support the digestive system and promote healthy weight in already healthy individuals. It supports heart and cardiovascular health and may have immune boosting properties and also helps support healthy hair and skin.

Beetroot, is rich in antioxidants, Dietary Fiber, Calcium, iron, potassium, folate and manganese, beets are naturally rich in nitrate, compounds that can improve blood flow and lower blood pressure.

Carrot powder - Boost immunity, Carrot powder maintains digestive health, Carrot regulates blood sugar level, improve skin health, Improve eyes vision.

Pomegranate Powder - is rich in polyphenols, which is a natural antioxidant. It also has good anti-inflammatory effects, which can help with reducing the symptoms in people with hypertension and heart disease.

Sea buckthorn contains many nutritional active components, such as vitamins, carotenoids, polyphenols, fatty acids, and phytosterols. Moreover, sea buckthorn has many health benefits, such as antioxidant, anticancer, anti-hyperlipidaemic, anti-obesity, anti-inflammatory, antimicrobial, antiviral, dermatological, neuroprotective, and hepatoprotective activities.

Apple cider vinegar powder is a dehydrated form of apple cider vinegar that contains nutrients like vitamins, acetic acid, folic acid, malic acid, and biotin. It can be used in skin care and has cleansing and healing properties. It can also balance the pH levels of the skin.

Goji berries exert various biological activities and health benefits, such as antioxidant, anti-inflammatory, antimicrobial, immuno-stimulating, anti-diabetic, neuroprotective, anti-cancer, prebiotic, and anti-obesogenic effects,

Kale, is full of vitamins A + K, calcium, carotenoids. It supports healthy detoxification and healthy liver function.

Barley is a common grain that is high in fibre. The fibre in barley might lower cholesterol, blood sugar, and insulin levels. It also seems to slow stomach emptying which could keep blood sugar stable and help to control appetite. People use barley for heart disease and high cholesterol. It is also used for colon cancer, diabetes, diarrhoea, high blood pressure, obesity, and many other conditions,