



The
PTI BUZZ
Carol Kur, MSRD

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What Popeye knew all along!!!

Calorie for calorie, spinach provides more nutrients than any other food. Benefits:

- Phytonutrient Flavonoids for Optimal Health
- Spinach Carotenoid Combats Prostate Cancer
- Spinach Flavonoid Combats Ovarian Cancer
- Helping Your Bones Stay Strong
- Cardiovascular Protection
- Promotes Gastrointestinal Health
- Has Anti-Inflammatory Nutrients
- A Smarter Brain with Spinach
- Vitamin E-rich Leafy Greens Slow Loss of Mental Function
- Better Eyesight from Spinach(contains Lutein)
- Iron for Energy

JOIN PTI FACEBOOK TODAY!!!!

Working in your garden(planting spinach?) can burn 100 calories in 20 minutes!!!

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