Blood Building Blend

The greens in this blend have such a large spectrum of nutrients and minerals they will feed any part of the body that is "hungry" for the correct nutrients in order to cleanse, strengthen and build. Along with a clean diet this blend will give your body the nutrients it needs to first cleanse toxins, then to strengthen weakened areas or rebuild cells and tissue altogether. The added dandelion root has a high concentration of assimilable iron, calcium, potassium and other minerals to build the blood, making this a perfect food for pregnancy, anemia, and other blood conditions. This blend also works great as a daily vitamin supplement to keep an already healthy body at its best.

INGREDIENTS

- *1 part dandelion root powder*
- *1 part kelp powder*
- *1 part wheat grass powder*
- *1 part barley grass powder*
- *1/2 part spirulina powder*

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DOSAGE

This blend can be made into a sprinkle to add to foods, smoothies, drinks, capsules, or extracts. For capsules I have found that 2 capsules with each meal is a good place to start and then depending on your body you can add more if needed.

