

# Get the New Year Off to a Healthy Start!



## Reap the benefits of kale with our new Very Veggie features!

Kale is rich in calcium, lutein, iron, and Vitamins A, C, and K. Kale has seven times the beta-carotene of broccoli and ten times more lutein. It also contains fiber, helping digestive problems, detoxifying the body and guarding against cancer.



#116 – 15745 Croydon Drive, South Surrey (across from Winners) p 778-294-1282

**Start the new year with a healthier you!**

very veggie smoothies

**Pineapple-Mango Kale:** fresh kale, pineapple juice, pineapple, mango, banana

**Raspberry Kale:** fresh kale, cranberry juice, raspberries, banana

**Peach Beet:** pure peach juice, fresh beets, peaches, strawberries



**25% OFF**

**Get 25% off**  
any Very Veggie smoothie



Morgan Crossing

#116 – 15745 Croydon Dr., South Surrey

Valid Jan. 1 - Mar. 31, 2012. May not be used with any other offer. No cash value, no substitutions.

welcome to a fresh & healthy lifestyle