



**Bulk & Muscle:**  
Build and maintain lean muscle

## CARBOHYDRATES

- Are a major source of fuel for the body (and critical for exercise)
- Are a good source of fiber in our food
- Are found in starchy foods like bread, rice and pasta

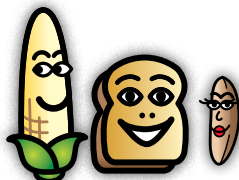
### Healthiest carbs:

- Fruits
- Vegetables



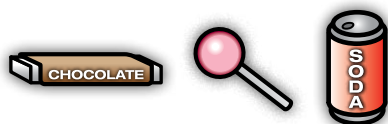
### Good carbs:

- Whole grains



### Bad carbs:

- Sweets and sugars because they have no fiber, vitamins or minerals



## VITAMINS

### Vitamins are essential because they:

- Help us get energy from food
- Enable the growth and repair of skin, bone and muscle
- Ensure we meet our daily nutritional needs (but won't make up for a poor diet)

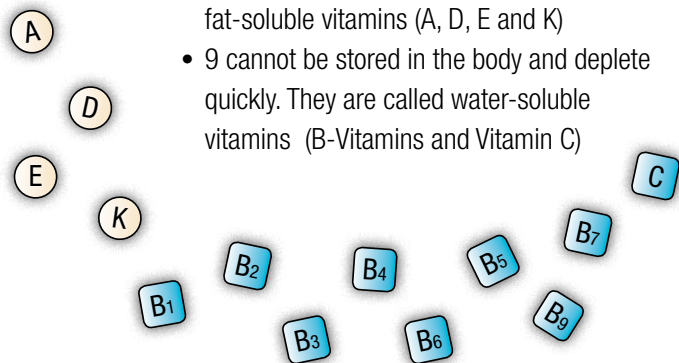


**Formula 2**  
Multivitamin  
Complex:  
Essential  
nutrients you  
need every day

### There are 13 vitamins that our bodies cannot produce, so we need to eat them.

#### Of these:

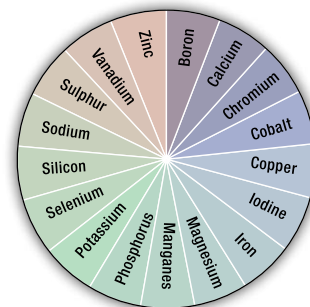
- 4 can be stored in the body (as fat) for longer periods of time. They are called fat-soluble vitamins (A, D, E and K)
- 9 cannot be stored in the body and deplete quickly. They are called water-soluble vitamins (B-Vitamins and Vitamin C)



## MINERALS

- Help develop calcium in bones and teeth
- Help the chemical processes that affect your cells
- Taken daily, they help us meet our body's requirements (but won't make up for a poor diet)

There are 17 minerals such as calcium, iron and magnesium that we must consume because the body cannot make them.



## ANTIOXIDANTS

When a cut apple turns brown from exposure to air, or a piece of iron left outdoors turns rusty, you're observing a process called *oxidation*. This same process of oxidation can take place in the cells of our body – and the damage is caused by highly reactive molecules called *free radicals*. To protect ourselves from oxidation, we need to take in plenty of *antioxidants* – a substance that helps create a barrier from free radicals damage. Plant-based antioxidants are called *phytonutrients*.



*Garden 7® provides the nutritional benefits of 7 servings of fruits and vegetables*

### Phytonutrients are:

- Antioxidants
- Nutrients from plants that technically are not essential, but are known to promote health
- The pigments that give fruits and vegetables their beautiful colors
- Recommended at 7 servings a day of fruits and vegetables with different colors to ensure variety