

SUPERFY your food with OLIVE OIL!

Green vegetables are the foods most missing in modern diets. Greens help you build your internal rain forest and strengthen the blood and respiratory system.

Some of the benefits of eating dark leafy greens include: purifying your blood, preventing cancer and improving circulation, liver, gall bladder and kidney function.

The most interesting fact is how eating your greens and other vegetables with extra virgin olive oil actually boosts these benefits. Pairing leafy greens with olive oil in a salad can lower blood pressure.

Cook or roast kale, carrots and peppers with your Galilee Green Olive Oil so that your body can better absorb the goodness in these vegetables as boiling them leaches the nutritional components away in the cooking water.

No wonder many Israeli salads are made with grilled vegetables and a generous helping of deliciously rich olive oil like these roasted red peppers.



**Everything is Healthier with
Galilee Green Extra Virgin Olive Oil**

Get yours now!