just add COCONUT WATER

GOOD STUFF



Naturally refreshing, coconut water is the clear liquid inside a young coconut.

Often called 'Mother Nature's sports drink' coconut water is naturally fat and cholesterol free, low in calories and contains high levels of potassium and electrolytes.



COCONUT WATER HEALTH BENEFITS

contains easily digestible carbohydrates

rich in electrolytes required for proper muscle contraction

high in potassium which is necessary for proper hydration

potassium also counteracts high sodium diets & hypertension

contains antioxidants which protect you from free radicals

source of calcium, iron and magnesium - low in sodium

no known side effects and very few allergies

contains cytokinins which promote cell division & growth

fights free radicals against cancer, alzheimers & infection

keeps us fresh, active, fit & sharp

please note that not all benefits have been clinically proven yet

Just Add Good Stuff is a community of people, ideas, strategies and tips for a healthier life through nutrition, fitness and lifestyle choices.

We believe in healthy, nutritious and organic foods and adopting a clean eating raw foods diet.

We also believe in inspiring friends and the community to be more actively aware of nutrition and fitness through self-education.

It's not about cutting everything out of your life. It's about moderation and commiting yourself to adding more GOOD STUFF into your life!

michael kenneth president, Just Add Good Stuff



COCONUT WATER recipes







FRESH ORGANIC COCONUT water

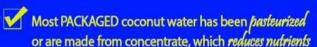
GREEN MONSTER SUPERFOOD smoothie

COCONUT WATER QUINOA VEGGIE main dish

* All of our recipes are gluten-free, dairy-free and vegan! Just visit our website!

DID YOU KNOW?





✓ WATCH OUT for coconut water that has added sugar - don't buy!



Has LESS SUGAR than most sports drinks, sodas & fruit juices

Is STERILE and has been used in place of medical saline

Often called "Mother Nature's sports drink" by marketers

NOT very effective in weight loss diets

Coconut water can be fermented to produce coconut vinegar



more online at: www.justaddgoodstuff.com