



HEALTH BENEFITS OF COLLARD GREENS

COLLARD GREENS ARE HIGH IN:

VITAMIN A:

Vitamin A is essential for keeping eyes and skin healthy. It also plays an important role in keeping the immune system strong, which fights off diseases.

VITAMIN K:

Vitamin K is crucial for healthy bones. Vitamin K helps your body to absorb calcium and strengthens bone structure.

VITAMIN C:

Vitamin C is necessary for growth, development and repair of body tissues. Vitamin C also plays an important role in a health immune system.

