



# HEALTH BENEFITS OF KALE



## VITAMIN K

IS ESSENTIAL FOR  
MAKING SURE BLOOD  
CAN CLOT AND ALSO  
IMPORTANT FOR  
BONE AND HEART  
HEALTH

## ANTIOXIDANTS

ARE IMPORTANT  
BECAUSE THEY  
FIGHT FREE  
RADICALS IN  
THE BODY,  
WHICH HELPS  
REDUCE  
INFLAMMATION,  
FIGHT CANCER  
AND IMPROVE  
MOOD



## VITAMIN C

IS NECESSARY  
BECAUSE IT  
BOOSTS  
IMMUNITY,  
REDUCE HEART  
DISEASE, AND  
PROTECTS THE  
MIND.