

WHY THE NAVY BEAN???

HIGH IN FIBER

*Over 46% of the daily recommended intake

*Prevents Constipation

*Helps you maintain glucose and inculin levels

GREAT SOURCE OF IRON

*25% of the daily recommended intake

*Helps to transport oxygen from lungs to cells

EXCELLENT SOURCE OF PORTEIN

*More than 15 grams in a single cup

*Essential for normal development and repairing damaged areas of the body

*Aids the healing process

KEEPS THE HEART HEALTHY

*High in potassium and low in sodium

*Helps blood vessels relax and maintain proper blood pressure

FULL OF COMPLEX CARBS

*Provides brain with a good supply of energy

*Slowly absorbed in bloodstream so they prevent spikes in blood sugar levels

HIGH IN FOLATE AND MAGNESIUM

*Over 63% of the recommended intake

*Reduces risk factor for heart attack and stroke

*Magnesium improves the flow of blood, oxygen and nutrients throughout the body