



# Superfood Guide

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## Our Superfood Guide

**Chia Seeds** : High in fibre and protein and Magnesium, chia seeds regulate blood sugar levels and boosting your immunity

**Matcha** : One of the highest sources of L-Theanine, Matcha aids focus and mood balance

**Spirulina** : An overall power house of nutrients for your brain and body. A fabulous source of Vitamin B's and Iron for energy and focus

**MCT Oil** : MCT oil is at the top of the chain of healthy fats - we should eat MCT oil daily. MCT combats fungi, viruses and harmful bacteria and helps us think more clearly, improves mood and improves energy levels

**Ginseng** : Caffeine free energy lift to help reduce anxiety and improve your memory and focus!

**Goji Berries** : High in antioxidants and vitamin C for skin health and energy

**Acai** : High in antioxidants and powerful nutrients that help improve our brain function, focus and heart health

**Maca** : An Adaptogen that helps your body naturally respond to life's stressors, reducing anxiety and increasing your focus and libido

**Collagen** : The most abundant protein in our body that naturally slows down as we get older. collagen is needed for your bones, skin and overall health

**Flax** : High in Omega 3 fatty acids and Fiber, Flax seeds are great for our digestion and heart health

High in antioxidants and powerful nutrients that help improve our brain function, focus and heart health

**Pea Protein:** A plant protein that helps regulate blood sugar

**London raw honey** : Packed with antibodies, antioxidants and antibacterial properties specifically for London dwellers

## Food Synergy

### **Turmeric & black pepper**

Turmeric contains curcumin which fights depression and boosts immunity. Curcumin is 10 times stronger when combined with black pepper

### **Broccoli & tomatoes**

These combined have a synergistic cancer-fighting effect and for maximum effect we cook the tomatoes lightly and steam the broccoli al dente

### **Green vegetables & citrus**

Any iron sources such as green vegetables have great synergy with vitamin C rich foods, we incorporate citrus juice in all of our dressing

### **Tomato & avocado**

Antioxidant lycopene, found in tomatoes, is better-absorbed when eaten with healthy fats, such as the ones found in avocados or olive oil - guacamole a great example of this combination

### **Grill all red meats with rosemary**

Rosemary protects against the carcinogenic effects of mailard browning in meats - you should always roast or grill red meats with fresh rosemary - we do!

### **Blueberry & grapes**

Mixed together actually have a greater antioxidant response than one fruit eaten on its own

### **Chicken & grapefruit**

QC10 is a vital cell component and chicken is the predominant source of QC10. Eating grapefruit with chicken allows up to 50 percent higher cellular absorption of QC10

### **Green tea & black pepper**

Green tea already has a special antioxidant called EGCG, which is thought to boost metabolism and protect against cancer but the key chemical in black pepper, known as piperine, could make EGCG work even more efficiently

## **Our Superior Oils Guide**

### **MCT Oil**

We use MCT oil which is at the top of the chain of healthy fats - we should eat MCT oil daily, this oil also combats fungi, viruses and harmful bacteria MCT also help us think more clearly, improves mood and improves energy levels

### **Organic Hemp Seed Oil**

We use 100% Certified Organic Hemp Seed Oil which includes very low levels of CBD and all the health properties associated. Hemp oil is massively anti-inflammatory so perfect for City dwellers and it is high in the Omega 6 essential fatty acid and Linoleic acid

### **Avocado Oil**

We use lots of avocado oil which improves heart health and reduces blood pressure. Avocado oil enhances the absorption of important nutrients. Avocado oil neutralizes free radicals

### **Essential Oils**

We use diluted essential oils with superb health benefits; particularly aiding digestion and anti-inflammatory

### **High grade Sesame Oil**

High grade sesame oil has huge antioxidant properties

## **Lemon Oil**

Increases concentration and alertness

## **Rosemary Oil**

Rosemary oil increases concentration, focus and cognitive response

## **Basil Oil**

Great for digestion and stress

## **Clove Oil**

Good for the immune system, anti microbial, anti viral and stimulating

## **Walnut Oil**

Great pep up at lunch, Very high in ALA and EPA