

Bare Product Description List
Fruits

Name	Type	Description	Benefit
Acai	Berry	Dark Purple, in packet.	Contains healthy fats.
Apple	Pome	Red or green skin, heart shaped, white inside. Contains small central seeds.	Reduce risk of hypertension, heart disease, diabetes.
Avocado	Drupe	Dark tough skin, creamy green inside, large pit.	Very high in potassium. Promotes heart health.
Banana	Botanical berry	Long, yellow.	High in potassium and magnesium.
Blackberry	Berry	Heart shaped, small, dark colored.	Boosts brain health. High in vitamin K, and vitamin C.
Blueberry	Berry	Small blue circle.	King of antioxidants. Bevy of benefits.
Lime	Citrus	Green skin, light green fibrous interior.	Rejuvenates skin, improves digestion, fights infection
Mango	Drupe	Red/green skin, orange interior, large central pit.	Promotes gut health, boosts immunity, helps digestion.
Orange	Citrus	Bright orange skin, orange fibrous interior.	High in folate and potassium, and vitamin C.
Pear	Pome	Light green skin, brown stem, white interior. Contains small central seeds.	Very high fiber. Helps treat diverticulitis. Cancer prevention, diabetes prevention.
Pineapple	Berry	Prickly brownish greenish skin, yellow interior.	Promotes bone strength (because of manganese content) and eye health.
Pitaya	Cactaceae	Bright pink with black seeds. In packets.	Boosts low iron levels, strengthens immune system.
Raspberry	Berry	Small heart shaped, hollow center, light red color.	Contain Quercetin and gallic acid, which fight against cancer. Contain ellagic acid,

			which is chemo protective.
Strawberry	Berry	Heart shaped red berry. Green stem.	High in antioxidants known as polyphenols. Boosts immunity. Helps prevent chronic disease.
Watermelon	Melon	Green striped exterior, red interior. Small black seeds may be present.	Relieves muscle soreness. Good for rehydration.

Herbs

Name	Type	Description	Benefit
Mint	leaf	Small green leaf, fresh minty taste	Promotes digestion.

Vegetables

Name	Type	Description	Benefit
Kale	Cruciferous	Dark green, wavy leaves, bitter taste, thick fibrous stem.	High in protein, contains omega-3 fatty acids, high in B vitamins (key for brain development).
Spinach	Cruciferous	Green, oval shaped leaf.	Contains many antioxidants, vitamins and minerals to prevent chronic disease.

Roots

Name	Type	Description	Benefit
Beet (Juice)	Root	Deep red color.	Promotes weight loss
Ginger	Root	Large branched root. Pale brown exterior, bright yellow interior. Very strong flavor.	Boosts metabolism. Contains anti-inflammatory properties.
Turmeric	Root	Small finger shaped bright orange roots.	Contains anti-inflammatory

			properties. Helps sooth joint paint.
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Nuts

Name	Type	Description	Benefit
Almonds	Tree nut	Pear shaped, brown colored exterior, white interior.	High in vitamin E
Cashews	Tree nut	Pale beige colored C-shaped nut.	High in minerals copper, phosphorous, zinc, selenium.
Pistachios	Tree nut	Bright green colored, small oval nut.	Boost immunity.
Peanut	Tree nut	Small light brown oval shaped but	High protein.
Walnuts	Tree nut	Lung shaped nut, dark and light brown in color. Rounded edges.	Promotes brain health and sound sleep.

Seeds

Name	Type	Description	Benefit
Chia seeds	Mint type plant	Tiny black seed	High in omega-3 fatty acids
Flax seeds	Linseed fiber crop	Small brown teardrop shaped seed	High fiber. High in omega-3 fatty acids.
Hemp seeds	Hemp plant	Small white and green circle seed	Provide the body with all 9 essential amino acids. High protein.
Pumpkin seeds	Pumpkin	Large green teardrop shaped seed	Promotes sound sleep
Sesame seeds	<i>Sesamum</i> flowering plant	Small white or black seed	Promotes sound sleep. High in folate, zinc and fiber.

Superfood Powders

Name	Type	Description	Benefit
Activating Charcoal	Mineral	Black powder	Whitens teeth.
Blue Spirulina	Algae	Purple powder	High in phycocyanin (antioxidant linked to reversal of tumor growth).
Butterfly Pea	Flower	Blue powder	Protects skin against premature aging.
Cocoa	Nut	Brown powder	High in antioxidants. Promotes heart health.
Maca	Root	Light beige powder	Regulates blood sugar.
Matcha	Leaf	Green powder	High in ECG and other phytochemicals prominent in cancer prevention.
Turmeric	Root	Yellow/orange powder	Contains anti-inflammatory properties.

Dried Fruits

Name	Type	Description	Benefit
Blueberries	Sun Dried	Small, soft, dark blue color.	Regulates blood sugar.
Cherries	Sun Dried	Tart, dark red color, looks like raisin	Helps promote sound sleep.
Dates	Sun Dried	Large, brown color, soft, very sweet.	High in fiber.
Golden Raisins	Sun Dried	Light yellow Raisin, sweet.	Decrease likelihood of cavities and gum disease.

Seed/Nut Butters

Name	Type	Description	Benefit
Almond Butter	Almond	Grainy, neutral flavor	High in vitamin E
Cashew Butter	Cashew	Smooth, strong cashew flavor	Low fiber, high in vitamins E, K and B6
Peanut Butter	Peanut	Smooth	High in protein and healthy fats.
Tahini	Sesame seed	Light, bitter, creamy	High in potassium and iron.
Chocolate Hazelnut	Hazelnut	Tastes like healthy nutella	High in calcium. Promotes joint and digestive health.

Granolas

Name	Type	Description	Benefit
Granola (Blueberry/Hemp)	Purely Elizabeth Ancient Grain	Gluten free, sweet, blueberry flavor	High fiber. Good source of energy.
Granola (Chocolate Sea Salt)	Purely Elizabeth Probiotic	Gluten free, chocolate flavored	High fiber, promotes gut because it contains healthy gut bacteria. Good source of energy.
Granola (Pumpkin Cinnamon)	Purely Elizabeth Ancient Grain	Gluten free, cinnamon flavor	High fiber. Good source of energy.
Granola (Coconut Cashew)	Purely Elizabeth 100% Grain Free	For those on paleo diet. Great coconut flavor.	Healthy fats, no grains.
Raw Trail mix	House made	Contains cashews, goji berries, pumpkin seeds, pistachios, golden raisins.	Raw, high in antioxidants, high in healthy fats, grain free.
Glutino cookies	Cookie	Sweet gluten free oreo cookie.	Gluten free

Protein Powders:

Name	Type	Description	Benefit
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Chocolate Protein Powder	Vega	Chocolate flavored. 100% gluten free, dairy free.	Good source of plant based protein. 30g per serving
Vanilla Protein Powder	Vega	Vanilla flavored. 100% gluten free, dairy free.	Good source of plant based protein. 30g per serving
Berry Protein Powder	Vega	Berry flavored. 100% gluten free, dairy free.	Good source of plant based protein. 30g per serving

Other Toppings:

Name	Type	Description	Benefit
Bee Pollen	Flower Pollen	Small yellow circles.	VERY high in antioxidants and amino acids
Carob Chips	Chocolate	Small chocolate chips	Gluten free, nut free, soy free, dairy free. Delicious.
Coconut Shreds	Tree nut	Small white shreds.	Contains healthy fats.
Goji Berries	Berry	Small, oval shaped, very bright red.	Anti-aging benefits, improves blood sugar.
Mulberries	Berry	Small pale yellow, prickly, very sweet.	High in calcium, fiber, and antioxidants.
Raw Cocoa Nibs	Chocolate	Small, dark brown, pebble-like shape. Bitter.	High in antioxidants. Promotes heart health