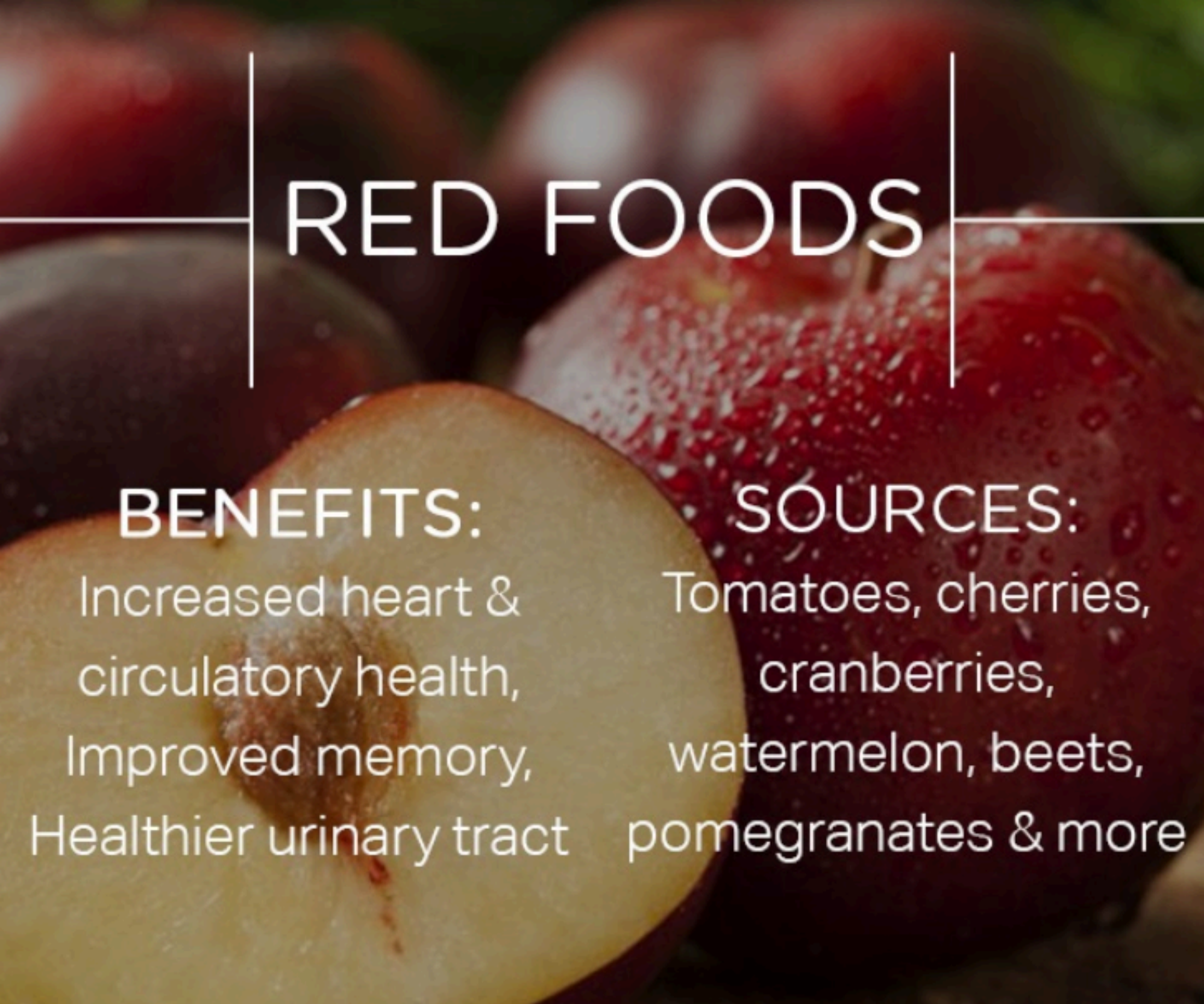


RED FOODS

BENEFITS:

Increased heart & circulatory health, Improved memory, Healthier urinary tract

SOURCES:

Tomatoes, cherries, cranberries, watermelon, beets, pomegranates & more

SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE
PREPARE THE BODY. STRENGTHEN THE MIND. PERFORM WITHOUT COMPROMISE.