

# OM BERRY

## REGULATES METABOLISM

## NOURISHES YIN AND YANG



**Blueberries** nourish Yin and Blood.

**Cranberries** benefit the Bladder and Kidney, remove toxins from the Blood, clear Heat, open the Lungs, promote digestion and regulate appetite. **Cacao** benefits the Heart, warms Kidney Yang, warms the chest, and Moves Blood. **Goldenberries** regulate metabolism and appetite, are high in anti-oxidants and reduce inflammation.

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