

Living Fresh Foods!™

CATCH THE WAVE OF NUTRITION™



www.livingfreshfoods.com

Subject: Living Fresh Foods SuperGrowMix™

Dear Customer,

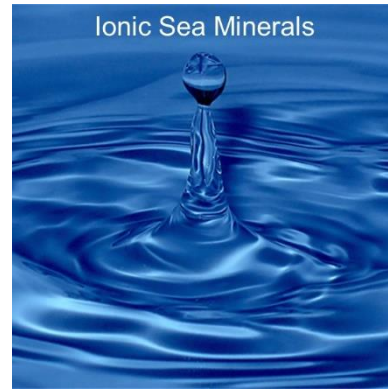
Our goal is to build a successful business that helps families gain access to nutrition safe foods. The growing experience is meant to be fun. We offer tested and proven safe Growing Kits, Microgreen Seeds, Grow Supplies and Grow Media that we personally have designed based on own growing success.

- Ready to Use Mix
- Enhanced with Ionic Sea Minerals, Worm Castings, MycoorPlus™ Mycoorrhizae, Organic Coco Coir, Kelp, Gypsum, Magnesium, Rock Minerals, Perlite and Humus
- Retains up to 8X of Water versus Soil
- Smart Alternative to Potting Mix
- Ideal for Microgreens, Vegetables, Tropicals, Hydroponics, Seedlings and Indoor and Outdoor Growing
- Long Lasting and Biodegradable
- Reusable for multiple Plantings

Benefits:

- Our blended SuperGrowMix™ is designed to hold Moisture, promote Root Growth and grow Healthy Plants
- Can be blended with other Organic Grow Media
- Each Ingredient was selected based on Safe Planting guidelines for Growing Food
- Healthy Roots promote Strong Plants
- Ready Mix is prehydrated to save a step when Planting

Ingredients:



Organic Coco Coir: Holds up to 8X Moisture creates a great Grow Media for Plants

MycoorPlus™ Mycorrhizae: Soil Balance is a combination of numerous ingredients, including humic and fulvic acids. Its job is to help balance nutrients AND energies in the soil.

GroPal is a Ionic Sea Mineral Concentrate: One hundred gallons of Australian ocean water are evaporated down to a 1 gallon concentrate, making it a product packed with Trace Minerals. GroPal supplies Macro and Trace Minerals that have been proven beneficial to plants.

Worm Castings: Worms digest organic materials it consumes, it refines them. Nutrients, including minerals and trace elements, are reduced to their most usable form. The castings have a neutral pH of 7.0.

Perlite: Dramatically boosts the ability of plants to produce the healthiest root system possible. Because it lightens soil, it improves aeration and allows root systems to function more efficiently nutrients are accessed in greater quantities.

Kelp: The restorative effects of Kelp on plants is largely due to high levels of Cytokinin, a natural growth hormone that promotes cell division in plants, resulting in Root and Shoot Growth, improved Photosynthesis overall improvement in Plant Health.

Humus: Some experts think humus makes soil more fertile. Others say humus helps prevent disease in plants and food crops. When humus is in soil, the soil will crumble. Air and water move easily through the loose soil, and oxygen can reach the roots of plants.

Just open your package and place in your Grow Container and you are ready to plant. You can use a Smaller Grow Container like a Coffee Cup, a Grow Tray or mix in with other Organic Grow Media. Our Coco Coir SuperGrowMix™ is great for growing Microgreens or other Plants right in your windowsill, countertop or Container. Our ready to plant prehydrated package is enhanced with many of nature's most powerful natural elements for healthy growing. Our Grow Media can be used multiple times.

Thanks,
Living Fresh Foods Team

