

Blood Beet Cold Pressed Juice

This juice is a potent source of nitrates, antioxidants, and essential minerals (potassium, iron, and manganese) that enhance cardiovascular health and athletic performance, its primary benefits include: Lowering blood pressure, increasing oxygen flow to muscles, reducing inflammation, boosting cognitive function, and supporting liver detoxification.

Key Health Benefits:

-Lower Blood Pressure:

High levels of dietary nitrates are converted into nitric oxide, which relaxes and widens blood vessels, significantly reducing systolic and diastolic blood pressure

-Improved Athletic Performance:

It enhances muscle oxygenation and endurance, allowing for better stamina and faster recovery times, making it popular for pre-workout.

-Heart Health:

Regular consumption can help reduce LDL (bad”) cholesterol and improve overall cardiovascular function.

-Liver Support:

Rich in betalains and betaine, it helps reduce fatty deposits in the liver and supports detoxification.

-Brain Function:

Increasing blood flow to the frontal lobe, it may improve cognitive function and mental performance.

-Reduced Inflammation:

It’s high oxidant content (polyphenols and betalains) protects cells from oxidative stress and reduces inflammation.

Tips for Use: Start Slow: Begin with one glass to see how your body reacts. Will cause urine/stool to turn pink (beeturia). **Medication Interaction:** If taking blood pressure medication consult a doctor first, as it may further lower your blood pressure. Blood beet also called Bull’s Blood Beet is a heirloom beetroot variety (Beta vulgaris) prized for its intensely dark, magenta-purple leaves and sweet, deep-red roots. Dating back to the 1840s.