

Skinny South

incredible treats
Free of Junk - Full of Flavor!



Why we Use these Ingredients!

Agave

Helps with weight management, enhances immune system, improves: energy level, bone density, reduces risk in heart disease & Type II diabetes, lowers risk of lower intestinal cancer, low glycemic index number, high fiber, calcium and iron

Almonds

Rich in Manganese, Vita E, Magnesium, calming properties, rich in potassium, lowers blood pressure, Vitamin B2, may help protect against diabetes

Amaranth

High in Protein, iron and calcium as well as B vitamins and fiber

Apples

Rich in vitamin C, antioxidant, regulates blood sugars, rich in fiber, health teeth, B vitamins, energy, rich in calcium, magnesium

Apricots

Rich in calcium, magnesium, phosphorus, low in sodium, rich in potassium, rich in phytosterols, antioxidant, rich in protein, Helps with healthy skin, eyes, builds immune system

Avocado

Heart Health, anti-inflammatory, reduces or prevents arthritis, cancer prevention of the: mouth, skin & prostate gland

Banana

Protects heart, controls blood pressure, strengthens bones, quiets cough

Blueberries

Good Source of Fiber, can improve urinary tract health, protects your heart, stabilizes blood sugar and boosts memory

Buckwheat

From a thistle plant, contains 20% protein, fiber, B vitamins, potassium, iron, calcium, manganese, phosphorus

Carrots

antioxidant, healthy skin, improves eye sight, anti-cancer, reduces strokes by 68%, blood sugar regulation, prevents macular degeneration in older adults

Chia Seed

Prevents Sugar spikes, improves cardiovascular health, fights belly fat, contains fiber (also helps you feel full), Omega-3 (fights belly fat), stronger bones (contains high amounts of calcium), high amounts of manganese & phosphorus, and protein

Coconut

Boosts thyroid, increases metabolism, promotes a lean body and weight loss, supports a healthy immune system, rich in antioxidants, treats skin disorders, healthy hair, and strong bones

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Dark Chocolate

Anti-oxidants, anti-aging

lowers blood pressure, cholesterol, increases sex drive, muscle repair, calming properties
anti-depressant, mono-unsaturated fat, reduces risks of heart disease

Dates, Medjool

Rich in calcium, Beta Carotene, potassium, low in sodium, Magnesium, iron, helps with healthy bones, and teeth. Helps utilize carbohydrates and fats, helps repairs tissues and cells, growth and maintenance, helps in the production of protein synthesis and the production in nucleic acids in DNA and RNA. Helps with the fat emulsification. Helps with muscle contraction, regulates heartbeat

Flaxseed Meal

High in Omega 3's, Rich in Fiber, Protects against: breast, prostate & colon cancers, Protection against: cardiovascular disease, diabetes & inflammation

Hemp

GLA, ALA.. essential fatty acids, 9 essential amino acids, easily digested, 35% protein, calcium, iron Vitamin E, phosphorus, magnesium, phytosterols, phospholipids (lecithin), zinc
Omega 3 and Omega 6, low carb and low sugar

Gluten Free Oats

Stabilizes blood sugars, complex carbohydrate, oats used are gluten free, healthy heart properties, 15% protein, great source of fiber, folic acid, niacin, pyridoxine, pantothenic acid as well as a good source of iron, copper, zinc, potassium, manganese, calcium and copper

Honey (local, bee-friendly)

Immune booster, natural energy booster, may reduce the risk of cancers and tumors, healthy hair, health digestion, weight loss, lowers cholesterol

Lentils

Rich in iron, protein, fiber, calcium, good for the heart, bones, weight loss, easily digestible

Millet

15 % in Protein, high in fiber, sweet is extracted from the grain to produce sorghum, niacin, thiamine, riboflavin, high in iron, potassium and magnesium.

Pecans

lowers blood pressure, prevents breast cancer, lowers bad cholesterol,
prevents prostate enlargement, weight control, regulates moods, high in Protein, regulates blood sugar,
delays the onset of age related motor neuron diseases.

Pumpkin Seeds

Healthy prostate, improves bladder function, anti-depressant, lowers cholesterol,
prevention of cancers, prevention of osteoporosis, increases bone density,
Rich in zinc, increases sex drive, anti-inflammatory, treatment of tapeworm and other parasites, high in magnesium, high in protein

Raw Quinoa (not flour)

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Provides more oxygen release into the blood, it contains high source of protein, iron and calcium with a mixture of B vitamins and other minerals. It is considered a superfood from all its amazing properties. Contains more powerful nutrients rather than grinding into flour; so we kept it whole and raw

Sweet Potato

healthy bones, prevention of degenerative diseases, prevention of heart attacks, high in vitamin C, boosts immune system, helps with stress, anti-depressant, healthy skin, mood stabilizer, supports thyroid gland, anti-inflammatory

Walnuts

Decreases fat in blood, improves cell function, highest in antioxidants among nuts, fights fat, prevention in heart disease, certain cancers, gallstones, controls blood sugars, rich in Phytonutrients, high in omega 3, anti-stress, anti-depressant, supports weight loss

Pea Protein Isolate

Body digests 98% of the protein, healthy hair, cells, brain, calming properties, aids in weight loss, b vitamins, rich in increases muscle thickness, No chemicals, regulates blood sugar, healthy heart, less allergens, complete protein, builds lean muscle, helps regulate hormones

Spices

all spice

Rich in calcium, iron, potassium, beta carotene, C, folate, Omega 3 & 6, protein. Rich in antioxidant

cardamom

detoxification, eliminates: bloating, nausea, gas, constipation

clove

anti-microbial

cumin

insomnia, some cancers, antioxidants, respiratory disorders, colds

fennel

can reduce bad breath and body odor

ginger

anti-nausea remedy

nutmeg

strengthens immune system, prevents leukemia, improves circulation, strengthens cognitive function, detoxifies body, skin health, oral conditions, indigestion, pain reliever

oregano

helps smoothe stomach
antioxidant, helps with digestive problems

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rosemary

antioxidant, helps with circulation, relieves headaches, and respiratory problems

sage

helps with sour stomach, helps with detoxification in kidney and liver, antibiotic

turmeric

anti-cancer, anti-inflammatory, anti-stress

Nutrient	Function, definition and pairing
Calcium	Body is 99%, fat burner, increases LDL (with the help of magnesium), helps balance acid and alkaline, aids in digestion, healthy nervous system, healthy teeth, bones, stress, pair with magnesium, phosphorus, A, C, D, helps with PMS, osteoporosis, cramps
Iron	Paired with protein. Transports oxygen from lungs to tissues, combines with protein and copper yielding healthy red blood cells, helps with stress, antioxidant, helps with myoglobin (transports oxygen)
Choline	Pair with sodium and potassium to create healthy cells, corrects acid and alkaline balance. Regulates the sodium / potassium in the cells. Stimulates production of hydrochloric acid; aids in digestion, detoxifies liver, aids against hepatitis
Magnesium	Within the bones 70% and 30% in soft tissue and body fluids. Found inside cells where it activates enzymes for metabolism of carbs and amino acids. Pairing with Calcium: it helps with the nervous system, muscle contraction and acid-alkaline balance in the body. Helps the body absorb: Calcium, phosphorus, sodium, potassium. Enhances B, C, . Have to have to convert sugar in the blood for energy.
Manganese grains	Now known for helping lactating moms with let down. Manganese paired with choline. Helps synthesize fat and cholesterol. Helps B vitamins. Helps with sex hormones, nervous system and brain
Phosphorus nuts, grains, seeds	In every cell. Pair with Calcium. Body must maintain a ratio of 2.5:1 phosphorus respectively. Aids in carbohydrate, fat and protein digestion. Helps with the contraction of muscles like the heart. Has to be paired with niacin and riboflavin to for those two to be even digested. Important for cell division and reproduction, kidney function, transfer of nerve impulses, growth of bones, tooth development. Acid and Alkaline balance
Potassium	Aids in diabetes, alcoholism, insomnia, bones, healthy digestive system, allergies, muscle contraction, gout, RA,

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	acne, stress. Combined with potassium helps regulate water balance in the body, decreases bloating, helps with the conversion of glucose to glycogen for energy.
Selenium	Found mostly in the liver and kidneys. Pair with E. antioxidant, helps with anti-aging, elasticity of tissues
Zinc pumpkin seeds, quinoa, almonds	Anti-aging, anti-stress Aids in other nutrients absorption in the body. Helps breakdown alcohol. Helps ward off bugs, mosquitoes, heals wounds, and burns, helps with the synthesis of DNA, detoxifies body. Helps with healthy heart. Healthy sex hormones, reduces cholesterol