

Healthy Trendsetter Box

2017 Wellness Trends: August's Box is packed with the healthiest snack trends & new superfood products that have launched in 2017! We hope this Special Edition Box keeps you staying healthy and on-trend!

A SWEETER BALANCE

As health conscious consumers, we are learning about the effects of sugar in most packaged goods and are working towards finding a sweeter balance. Our pick: Lakanto Monk Fruit sweetener, made from the Monk Fruit; it boasts a lower glycemic index than white sugar, and is processed in the body differently making it a healthy alternative for healthy living.

How To Use: Use Monk Fruit sweetener as you would any other sugar! Try in baked goods or your morning coffee!



CANNABIS GETS COMMERCIAL

2017 has seen cannabis become a part of many wellness routines and can be found in everything from beauty products to edible foods. A growing body of scientific research shows CBD has the power to reduce anxiety and stress, lower inflammation, relax the body and mind, and subtly lift the mood. Our Pick: Windy City Organics CBD Chocolate Bar derived from 100% industrial hemp & is lab verified to be below .3% THC. It is classified as a hemp extract (a non-psychoactive extract from the plant), not to be confused with CBDs that may be derived from marijuana. It is completely legal and safe and is a great way to get medicinal benefits from the hemp plant!



WELLNESS TONICS

Why take a pill and then eat your food when you can do it all in one drink that tastes delicious? Out with the sugary, vitamin dusted-waters – wellness tonics are the new hyper-functional, ultra healthy and herbal medicinal beverages that are trending in 2017. Our pick: Relieve stress with Teaonic's I Love My Adrenals, made with a handcrafted blend of herbs selected for their stress-reducing and adrenal-boosting properties.

How To Use: Refrigerate and drink whenever you're feeling stressed for a little pick-me-up!



A VITAMIN A DAY

2017 has been a busy year! And as busy millennials, we can't always fit the USDA's recommended 5 to 13 servings of fruits and vegetables into our daily routines. So supplementing with multivitamins is like an insurance policy, a daily guarantee to ensure your body gets the vitamins and minerals it needs. Our pick: Vitacup has made it even easier - by adding a multi-vitamin into your morning coffee! This is a brand NEW product that just launched in 2017 and we can't wait for you to try it!

How To Use: If you don't have a Keurig, bug a friend to use theirs because you'll want to try this product! And be sure to recycle when you're done as these pods are 100% recyclable!



DISCOVER WHAT'S INSIDE

MEAT ALTERNATIVES

New surveys show that 1/4th of Americans are trying to eat less meat. As a result, plant-based “meat” alternatives have increased in popularity and creativity. Our pick: Cocoburg’s Coconut Jerky. The first and only raw, vegan, paleo, gluten-free, soy-free, superfood jerky made from coconut meat.



ADAPTOGENIC ELIXIRS

More people are turning to ancient remedies to deal with modern day stressors. Used in both Traditional Chinese Medicine and Ayurvedic medicine, adaptogens are a unique group of herbal botanicals that are used to improve the health of the adrenal system and your bodies ability to adapt to stress. Our pick: Addictive Wellness Elixir Blends released just last month!

How To Use: Simply mix with hot or cold nut milk for an incredibly delicious herbal elixir!



DRINK YOUR GREENS

Greens are truly the OG superfood - never going out of style! Naturally, as health conscious consumers we gravitate towards green vegetables and fruits for their high nutrition density. Our pick: HUM Nutrition's Raw Beauty Superfood Packet is no exception! A green superfood powder to help boost energy and metabolism while creating radiant skin. It is enriched with organic green superfoods, antioxidants, adaptogenic herbs, fiber, a full serving of fruit and vegetables, digestive enzymes, and five billion probiotics.



GOING AU NATURALE

This is a really important trend to us in 2017! We are learning about all of the chemicals in beauty products that simply don't belong. Out with the chemicals, preservatives, and silicones in our products and go au naturale! Our pick: Start replacing the ingredients you use every day with healthier alternatives, like JASON Sea Fresh Toothpaste. It is fluoride-free and formulated with blue green algae!



SUSTAINABLE LIVING

Healthy living is about more than just what you're eating! It's also how you're treating the environment. Which is why we are seeing a trend towards reusable products. “Be Straw Free” is just one of the many growing movements to eliminate plastic straws. Americans use half a billion straws every day! That's enough to wrap around the Earth more than twice!



Disclaimer: Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using superfoods, particularly if you have a known medical condition or if you are nursing or pregnant.

DISCOVER WHAT'S INSIDE



OUR SOCIAL MISSION

A portion of proceeds from every Rosehive Box sold is given to a charity that aligns with the Rosehive Superfoods Mission. Whether it is combating deforestation, or giving back to a rural community that cultivates and cares for the superfoods we consume, we are on a mission to give back! Thank you for supporting the Rosehive Superfoods journey. Together we can pollinate our souls and pollinate the world through our acts of intentional living and giving.