



Keto-Friendly, Whole-Food Nutrition From Organic Beets

You can't see it, but you can certainly feel it – and when it's gone, accomplishing anything may seem an impossible challenge. That's when you end up desperately reaching for that friendly cup of coffee... the one that calls to you with the promise of reliable, long-lasting energy yet makes you crash soon after, leaving you jittery and frantically longing for a nap. But did you know there's a better way – a natural, gentler and effective way – to quickly give your body the energy it craves? That's the secret of beets, one of the world's richest sources of nitrates – natural chemicals found in soil, air, water and vegetables that play an important role in helping oxygen more effectively reach your organs for optimal function. And that's only the tip of the iceberg when it comes to this exceptionally nutritious superfood found in fermented beet powder.

Beetroot – this versatile, climate-hardy root vegetable has been around since ancient times and was treasured as a source of food and support for overall wellness. The Greeks and Romans used it to aid in all sorts of health challenges, even using it as an aphrodisiac. Today, its health-promoting and energy-boosting properties have made it one of the most sought-after ingredients in healthy meals – especially breakfast. In fact, beets as pre-workout support is quite popular. Its alluring deep red color distinguishes it from other produce in farmers' markets and grocery stores, while its distinctive, earthy flavor contributes to its divisive repute among people.

Whether you love or hate beets, the fact remains that this superfood has the ability to positively impact your health – particularly the energy your organs need to function optimally. How does it accomplish this? The answer is nitrates.



The Secret of Beets that Keeps So Many Interested: Nitrates

Simply put, your body requires oxygen to perform everyday tasks, especially those energy-demanding ones, like walking your dog and playing with your toddler. In order for your blood to deliver the oxygen your muscles and organs need, it needs wide, unobstructed pathways, or arteries. When nitrates enter your body, they mix with your blood, creating a special compound called nitric oxide. Nitric oxide relaxes your blood vessels, making them more flexible and able to carry larger amounts of oxygen to the tissues that need it – like your muscles, brain and heart.

As one of world's richest dietary sources of nitrates, beets should be a part of your regimen. They also contain fiber, folate (vitamin B9), vitamin C, manganese and other important minerals which, together, offer support for your:

- Energy levels
- Healthy blood flow
- Blood pressure levels already in the normal range
- Cardiovascular health
- Brain health
- Normal inflammatory response
- Mitochondrial and cellular health
- Healthy digestion

There are so many ways to add beets to your diet, and one of the best ways is in liquid form, as juice, since your body is able to absorb all of its nutrients quicker. Mix up fermented beetroot powder and drink it as a pre-workout.

That said, beet juice is often loaded with sugars and not ideal for those seeking to maintain healthy blood sugar levels. Fortunately, there's another option.

The Impact of Fermentation: A Boost in Nutrients and Bioavailability Plus Zero Grams of Sugar

Made from organic dried beetroots that are free of GMOs and synthetic pesticides, **Dr. Mercola® Organic Fermented Beet Powder** offers an uncompromised way for you to take advantage of beets' precious nutrients and their benefits – without the worry of sugar.

Its advanced fermentation process knocks the sugar content in beets (approximately 36%) down to zero grams per serving, so you don't have to think twice next time you make your new favorite beet-rich beverage. How does fermentation pull this off? When beets are fermented, the beneficial bacteria that form during the process consume most of the naturally occurring sugars, leaving the superfood's valuable nutrients untouched.

Even better, fermentation more than doubles the nitrate content in beets, adding beneficial bacteria and enzymes to support healthy digestion and overall gut health. Plus, it boosts the bioavailability, or ability to be absorbed, of nutrients from beets, so your body is better able to use them.

Activate Your Energy, and Support Your Health With Beet Powder

Great tasting and easy to mix with your beverage of choice for a delicious, health-promoting drink, this organic fermented beet powder is a no-brainer complement to your daily regimen. Fermented for enhanced nutrient content, optimal bioavailability and zero grams of sugar per serving, it contains:

- Nitrates
- Antioxidants
- Vitamin C
- Fiber
- Potassium
- Manganese
- Folate, or Vitamin B9

Drink it in the morning for an invigorating breakfast or whenever you need a natural, yet effective boost in energy. Time to workout? Drink this *before* you exercise. Don't miss out on this exceptional root vegetable that is much more than meets the eye – your heart, brain, muscles and other tissues will thank you.

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