

facebook

Email or Phone

Password

Log In

☐ Keep me logged in

[Forgot your password?](#)

Verve!

It takes about...

- 2 oranges to equal the amount of Vitamin C
- 9 avocados to equal the amount of Vitamin E
- 3 stalks of broccoli to equal the amount of Iron
- 55 eggs to equal the amount of Vitamin D
- 1 cup of spinach to equal the amount of Vitamin A
- 3 cups of peas to equal the amount of Thiamin
- 19 medium bananas to equal the amount of Riboflavin
- 62 oz. of cheddar cheese to equal the amount of Vitamin B-12



• 1 mg of Niacin
• 1 mg of Folate
• 1 mg of Vitamin B-6
• 1 mg of Vitamin B-12
• 1 mg of Vitamin C
• 1 mg of Vitamin E
• 1 mg of Iron
• 1 mg of Thiamin
• 1 mg of Riboflavin
• 1 mg of Vitamin A
• 1 mg of Vitamin D
• 1 mg of Vitamin K
• 1 mg of Vitamin B-1
• 1 mg of Vitamin B-2
• 1 mg of Vitamin B-3
• 1 mg of Vitamin B-5
• 1 mg of Vitamin B-7
• 1 mg of Vitamin B-9
• 1 mg of Vitamin B-10
• 1 mg of Vitamin B-11
• 1 mg of Vitamin B-12
• 1 mg of Vitamin B-13
• 1 mg of Vitamin B-14
• 1 mg of Vitamin B-15
• 1 mg of Vitamin B-16
• 1 mg of Vitamin B-17
• 1 mg of Vitamin B-18
• 1 mg of Vitamin B-19
• 1 mg of Vitamin B-20
• 1 mg of Vitamin B-21
• 1 mg of Vitamin B-22
• 1 mg of Vitamin B-23
• 1 mg of Vitamin B-24
• 1 mg of Vitamin B-25
• 1 mg of Vitamin B-26
• 1 mg of Vitamin B-27
• 1 mg of Vitamin B-28
• 1 mg of Vitamin B-29
• 1 mg of Vitamin B-30
• 1 mg of Vitamin B-31
• 1 mg of Vitamin B-32
• 1 mg of Vitamin B-33
• 1 mg of Vitamin B-34
• 1 mg of Vitamin B-35
• 1 mg of Vitamin B-36
• 1 mg of Vitamin B-37
• 1 mg of Vitamin B-38
• 1 mg of Vitamin B-39
• 1 mg of Vitamin B-40
• 1 mg of Vitamin B-41
• 1 mg of Vitamin B-42
• 1 mg of Vitamin B-43
• 1 mg of Vitamin B-44
• 1 mg of Vitamin B-45
• 1 mg of Vitamin B-46
• 1 mg of Vitamin B-47
• 1 mg of Vitamin B-48
• 1 mg of Vitamin B-49
• 1 mg of Vitamin B-50
• 1 mg of Vitamin B-51
• 1 mg of Vitamin B-52
• 1 mg of Vitamin B-53
• 1 mg of Vitamin B-54
• 1 mg of Vitamin B-55
• 1 mg of Vitamin B-56
• 1 mg of Vitamin B-57
• 1 mg of Vitamin B-58
• 1 mg of Vitamin B-59
• 1 mg of Vitamin B-60
• 1 mg of Vitamin B-61
• 1 mg of Vitamin B-62
• 1 mg of Vitamin B-63
• 1 mg of Vitamin B-64
• 1 mg of Vitamin B-65
• 1 mg of Vitamin B-66
• 1 mg of Vitamin B-67
• 1 mg of Vitamin B-68
• 1 mg of Vitamin B-69
• 1 mg of Vitamin B-70
• 1 mg of Vitamin B-71
• 1 mg of Vitamin B-72
• 1 mg of Vitamin B-73
• 1 mg of Vitamin B-74
• 1 mg of Vitamin B-75
• 1 mg of Vitamin B-76
• 1 mg of Vitamin B-77
• 1 mg of Vitamin B-78
• 1 mg of Vitamin B-79
• 1 mg of Vitamin B-80
• 1 mg of Vitamin B-81
• 1 mg of Vitamin B-82
• 1 mg of Vitamin B-83
• 1 mg of Vitamin B-84
• 1 mg of Vitamin B-85
• 1 mg of Vitamin B-86
• 1 mg of Vitamin B-87
• 1 mg of Vitamin B-88
• 1 mg of Vitamin B-89
• 1 mg of Vitamin B-90
• 1 mg of Vitamin B-91
• 1 mg of Vitamin B-92
• 1 mg of Vitamin B-93
• 1 mg of Vitamin B-94
• 1 mg of Vitamin B-95
• 1 mg of Vitamin B-96
• 1 mg of Vitamin B-97
• 1 mg of Vitamin B-98
• 1 mg of Vitamin B-99
• 1 mg of Vitamin B-100

Spread The Verve is on Facebook.

To connect with Spread The Verve, sign up for Facebook today.

Sign Up

Log In

Spread The Verve

98 likes

Cause

<https://www.youtube.com/user/SpreadTheVerve>

Verve is a huge team oriented group designed to help everyone meet like minded people that share the

About



Photos

98

Likes

The Sad Truth – U
Work 'till you die
Ever wonder what
statistics are on ho

Notes 3



Events

Highlights



Spread The Verve changed their cover photo.
May 25, 2013



Like · Comment · Share



Spread The Verve shared a link.
May 10, 2013

Health Benefits
<http://vmastories.com/>



Spread The Verve shared a link.
May 15, 2013

<http://www.vemma.com/opportunity/rewards.cfm>



Achieve Your Dreams with Our Rewarding Business
Opportunity

www.vemma.com

Vemma can provide the opportunities, ideas and resources to help you start and run a home based business.

Like · Comment · Share



VMA Stories

Like · Comment · Share

Cholesterol "My cholesterol had...



Spread The Verve shared a link.
May 9, 2013

BIG help from Luke Hessler and Brad Alkazin themselves !

http://www.youtube.com/watch?v=ETL73ilbs-E&feature=player_detailpage#t=1233s



Vemma meeting Jamie Chirio, Luke Hessler, and Brad Alkazin

First Walled Lake Vemma meeting

Like · Comment · Share



1



Spread The Verve shared a link.
April 25, 2013

<https://www.youtube.com/user/SpreadTheVerve>

Tips, Testimonials, Events, and More to keep you updated, Motivated and on the right track



SpreadTheVerve
www.youtube.com

Verve gives students, young adults, and

Like · Comment · Share



1



Spread The Verve shared a link.
April 24, 2013

<http://www.youtube.com/watch?v=cjgmxsbwmgM>



Spread The Verve
May 9, 2013

The Sad Truth – U.S. Work 'till you die?!

Ever wonder what the statistics are on how many people succeed in Network Marketing? I mean, do a lot of people actually make this thing work? Let's look at why the Network Marketing industry is exploding and the numbers that explain it.

T...

[Continue Reading ...](#)

Like · Comment · Share



1



Spread The Verve
May 9, 2013

Take all the cans away, take away all the BMW's, all the money, watches, materialistic things. What's left? A group of people, a FAMILY of people who all share the same mindset, beliefs, & outlook on life. A team of people that like, trust, respect, & love each other.. That will do anything for each other & will stick together no matter what.

RELATIONSHIPS are EVERYTHING. Build the relationships ... [See More](#)

Like · Comment

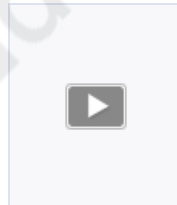


7



Spread The Verve shared a link.
April 26, 2013

<http://www.youtube.com/watch?v=NKCCpWLfmDw>



Young People Revolution: Parents' Edition on How to Get Your Youth Opportunities to Make Extra Money

Like · Comment · Share



2



1



Spread The Verve added 8 photos to the album Meetings/Events.
April 24, 2013

