



Susanna Sisson added 2 new photos.

Yesterday at 2:05am · 🌐

I LOVE #LIMU. Has a bad cold yesterday. Pumped up my usual 4oz amount to 6oz. Fine tonight. #FucoidanRocks #WeSEAWeedDifferently!!!
www.sisson.iamlimu.com or message me for info.

Did you know it takes about ...

- 2 whole cucumbers to equal the amount of **FIBER**
- 3 1/2 cups of milk to equal the amount of **VITAMIN A**
- 4 peaches to equal the amount of **VITAMIN C**
- 6 cups of green beans to equal the amount of **CALCIUM**
- 6 whole eggs to equal the amount of **VITAMIN D**
- 5 cups of blueberries to equal the amount of **VITAMIN E**
- 7 apples to equal the amount of **VITAMIN K**
- 4 avocados to equal the amount of **VITAMIN B1 (Thiamin)**
- 8 1/2 cups of squash to equal the amount of **VITAMIN B2 (Riboflavin)**
- 8 cups of spinach to equal the amount of **VITAMIN B3 (Niacin)**
- 6 ounces of salmon to equal the amount of **VITAMIN B6**
- 7 red bell peppers to equal the amount of **FOLATE**
- 3 1/2 chicken breasts to equal the amount of **VITAMIN B12**
- 5 grapefruits to equal the amount of **PANTOTHENIC ACID**
- 10 cups of strawberries to equal the amount of **MAGNESIUM**
- 4 heads of broccoli to equal the amount of **ZINC**
- 8 cups of asparagus to equal the amount of **SELENIUM**
- 4 medium onions to equal the amount of **COPPER**
- 4 cups of carrots to equal the amount of **MANGANESE**

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1 share

1 Comment



Tracy Alford Moore My Limu is definitely keeping this threatening cold at bay. I'm taking ZyrtecD and extra Limu. Jeff got sick same day he took the flu shot. I passed on the shot.

Like · Reply · Yesterday at 7:56am

➦ 👤 Susanna Sisson replied · 1 Reply



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