

MOMSTART

FORGET THE MOMMY GUILT, IT'S A NEW DAY

September 18, 2017

A Natural Energy Boost

Trying to live a healthier lifestyle on a busy schedule is often a challenge. Most of you know that I've been on a Keto diet and sometimes I really find that I miss those veggies that I can't eat because they have carbs in them. I'm also honestly not the best at throwing in some greens with every meal like I should. I had been thinking about getting some of those green tablets that I had reviewed a while back when I was contacted by Alkamind Daily Greens. I thought perfect timing. I'll try those. I'm so glad I did, I can notice a difference on days that I have one and days that I don't. I really do have an energy boost and just sort of feel better, even if it is just in my head, I really do feel better.



The Alkamind Daily Greens are made from 27 nutrient-dense, alkaline superfoods that are rich in chlorophyll, vitamins, minerals, and anti-oxidants. The greens are 100% Plant-Based, USDA Certified Organic, Dairy Free, Soy Free, GMO Free, Gluten Free, Sugar Free.

Available in two sizes, a 30 serving canister or a box of 15 single serve packets, which are perfect for on the go.

What I love about them is that I can grab a package of them and drink them when I travel. I can put them in one of my water bottles, shake it up and drink my greens. I love it. It's so easy to use and enjoy. It leaves me ready to have a great time with my kids.

<https://momstart.com/a-natural-energy-boost/>