



SUPERCARGE YOUR BODY & MIND WITH JMB FIT SUPERGREENS



When was the last time you truly felt energized from the inside out? For many busy adults, especially those in their 40s and beyond, the demands of life pile up faster than nutrients can keep pace. Work. Family. Stress. The body begins to whisper — stiffness, fatigue, low immunity — and eventually, it shouts.








But here's the truth: your body doesn't want to slow down. It wants fuel. It wants balance. It wants the vibrant nutrients only plants can provide. That's why we created JMB Fit SuperGreens — a powerful, concentrated blend of greens, vitamins, and minerals designed to bring your health back into alignment.

WHY JMB FIT SUPERGREENS MATTER

Most people fall short on daily vegetable intake. Even with the best intentions, it's not easy to eat five to seven servings of nutrient-dense greens every single day. SuperGreens bridge that gap — ensuring your body gets the support it needs to thrive.

Here's how just one scoop a day works for you:

-  *Natural Energy Without the Crash – Packed with plant-based micronutrients, SuperGreens provide steady, sustainable energy. No more relying on caffeine alone to push through the day.*
-  *Stronger Immunity – SuperGreens are loaded with antioxidants, vitamins, and phytonutrients that strengthen your body's defense system.*
-  *Gut Health & Digestion – With added digestive enzymes and natural fibers, SuperGreens support smoother digestion and better nutrient absorption.*
-  *pH Balance for Longevity – Too much acidity in the body can cause inflammation and discomfort. SuperGreens help restore a healthy balance, creating an environment where your body thrives.*
-  *Healthy Aging – As we age, our cells crave extra protection. The nutrients in SuperGreens help fight oxidative stress and support long-term vitality.*



Why They're Essential After 40

AFTER 40, THE BODY PROCESSES FOOD DIFFERENTLY. ENERGY DIPS BECOME MORE COMMON, RECOVERY TAKES LONGER, AND IMMUNE HEALTH CAN FEEL MORE FRAGILE. JMB FIT SUPERGREENS GIVE YOU THE NUTRITIONAL EDGE YOU NEED — SO YOU CAN STAY ACTIVE, STRONG, AND PAIN-FREE FOR YEARS TO COME.

THINK OF IT AS NUTRITIONAL INSURANCE — PROTECTING YOUR ENERGY, MOBILITY, AND CONFIDENCE SO YOU CAN KEEP LIVING LIFE ON YOUR TERMS.

SuperGreens + Protein: A Delicious Recipe

FUEL YOUR BODY WITH THE PERFECT COMBO OF SUPERGREENS + PROTEIN POWER. HERE'S A QUICK, DELICIOUS SHAKE YOU CAN MAKE IN UNDER 2 MINUTES:

SUPERGREENS PROTEIN SMOOTHIE

1 SCOOP JMB FIT SUPERGREENS

1 SCOOP JMB FIT PROTEIN POWDER (VANILLA OR CHOCOLATE)

1 CUP UNSWEETENED ALMOND MILK (OR YOUR MILK OF CHOICE)

½ FROZEN BANANA (FOR CREAMINESS & NATURAL SWEETNESS)

½ CUP FROZEN BERRIES (ANTIOXIDANT BOOST)

1 TSP CHIA OR FLAX SEEDS (OPTIONAL FOR EXTRA FIBER)

ICE AS DESIRED

 BLEND UNTIL SMOOTH. REFRESHING, ENERGIZING, AND PACKED WITH EVERYTHING YOUR BODY NEEDS TO FEEL ALIVE AGAIN.

October Special – Don't Miss It

FOR THE ENTIRE MONTH OF OCTOBER, GRAB YOUR
JMB FIT SUPERGREENS FOR JUST \$40 WITH CODE
 GREENS 

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FINAL WORD

AT JMB PERSONAL TRAINING, WE BELIEVE TRUE
TRANSFORMATION IS ABOUT MORE THAN EXERCISE.
IT'S ABOUT GIVING YOUR BODY THE FUEL, CARE,
AND COMMUNITY IT NEEDS TO THRIVE.

SUPERGREENS AREN'T JUST A SUPPLEMENT —
THEY'RE AN INVESTMENT IN YOUR ENERGY, YOUR
RESILIENCE, AND YOUR FUTURE.

START TODAY. ONE SCOOP. ONE CHOICE. ONE STEP
TOWARD LIVING LONG, STRONG, AND PAIN-FREE. 

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