



EASY JUICE RECIPES FOR BOOSTED HEALTH

JUICE BLENDS THAT
BENEFIT YOUR BODY

And they taste great, too!

HEART-HEALTHY

6 FRUITS & VEGGIES FOR HEART-HEALTH

Ingredients & Benefits

- **Beets:** Reduce risk of some cancers, weight control
- **Carrots:** Vitamin A, vision, heart-health
- **Strawberries:** Low-carb, Vitamin C, fiber
- **Ginger:** Reduce nausea, ease digestion, anti-inflammatory, heart-health
- **Apple:** Fiber, vitamin C, protects against diabetes
- **Plum:** Antioxidant, lower blood-sugar, lower cholesterol

ANTIOXIDANT

5 FRUITS & VEGGIES TO DEFEND YOUR BODY

Ingredients & Benefits

- **Beets:** Reduce risk of some cancers, weight control
- **Carrots:** Vitamin A, vision, heart-health
- **Strawberries:** Low-carb, Vitamin C, fiber
- **Ginger:** Reduce nausea, ease digestion, anti-inflammatory
- **Blueberries:** Antioxidant, anti-aging, lower blood-pressure

ANEMIA

6 FRUITS & VEGGIES FOR ANEMIA

Ingredients & Benefits

- **Celery:** Calcium, heart-health
- **Carrots:** Lower cholesterol, heart-health
- **Lemon:** Heart-health, protects against anemia, reduce risk of cancer
- **Turmeric:** Lowers risk of heart disease, may treat Alzheimer's disease, anti-depressant
- **Cucumber:** Antioxidant, hydration, lowers blood-sugar
- **Red bell pepper:** Vitamin C, eye-health, helps with anemia

DIGESTION

6 FRUITS & VEGGIES FOR DIGESTION

Ingredients & Benefits

- **Beets:** Digestion, improves cognitive functions
- **Peach:** Fiber, keeps moisture in skin, may help with allergies
- **Apple:** Digestion, immune boost
- **Carrots:** Strengthen bones, control diabetes, weight control
- **Turmeric:** Anti-inflammatory, may improve brain health
- **Ginger:** Aids with indigestion, aid with menstrual pain
- **Pineapple:** Immune boost, muscle^s recovery, gut-health

FIT BODY

5 FRUITS & VEGGIES FOR A FIT BODY

Ingredients & Benefits

- **Pineapple:** Antioxidant, digestion, may help with arthritis
- **Beets:** Lowers blood-pressure, enhance athletic performance
- **Strawberries:** Lower cholesterol, anti-inflammatory
- **Ginger:** Lower cholesterol, may reduce cancer risks
- **Carrots:** Lowers risk of cancer, immunity, helps with constipation

BRAIN FOOD

6 FRUITS & VEGGIES FOR A HEALTH BRIAN

Ingredients & Benefits

- **Beets:** Heart-health, brain-health
- **Carrots:** Vision, immunity, heart-health
- **Ginger:** Gut, reproductive, brain-health
- **Apple:** Vitamin C, fiber, heart-health
- **Blueberries:** Lower blood-pressure, antioxidant, superfood

SKIN, HAIR, NAILS

6 FRUITS & VEGGIES FOR SKIN, HAIR & NAILS

Ingredients & Benefits

- **Celery:** Heart-health, improves memory, manage blood-sugar
- **Lemon:** Vitamin C, prevents kidney stones, digestion
- **Tomato:** Heart-health, skincare, may protect against cancers
- **Carrots:** Vitamins A, K1, B6, and biotin, lower blood cholesterol