

Glowin' Green Juice



Nutrition Facts

Serving Size: 16 oz. (454g)
Servings Per Container: 1

Amount Per Serving

Calories 240 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 6g

Dietary Fiber 15g **30%**

Sugars 33g

Protein 8g

Vitamin A 250% • Vitamin C 230%

Calcium 30% • Iron 20%

Vitamin D 0% • Vitamin E 15%

Vitamin K 990% • Thiamin 15%

Riboflavin 25% • Niacin 10%

Vitamin B6 35% • Folate 80%

Vitamin B12 0% Pantothenic Acid 15%

Phosphorus 20% • Magnesium 35%

Zinc 8% • Selenium 4%

Copper 70% • Manganese 70%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CELERY, APPLE, CUCUMBER, KALE, LEMON, SPINACH, GINGER ROOT

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Cleansing & Alkalizing!

Chlorophyll helps your body detoxify. It also enhances oxygen transport in your body and is a top nutrient for balancing your body's pH by helping to reduce acidity, which may contribute to fatigue as well as other health concerns. Antioxidants protect your cells from damage by free radicals, which may have a role in diseases such as cancer and heart disease.

Nutrition claims per FDA: Low Calorie, Low Fat, and Very Low Sodium if used as a meal replacement. Cholesterol Free, Good Source of Protein, Excellent Source of Vitamin A, Excellent Source of Vitamin C, Good Source of Calcium, Good Source of Iron

Benefits

SPINACH & KALE

More **iron** per calorie than beef and more **calcium** per calorie than milk! Rich in **anti-oxidant** and **anti-cancer** properties. Full of **Vitamin A**, which is required for maintaining healthy mucus membranes and skin and is essential for vision. Rich in **Vitamin K**, which contributes to strong bones. Rich source of **iron**, required by the human body for red blood cell production.

CUCUMBER

Cucumbers are a source of **B vitamins** and **rehydrate** the body, giving natural boosts in energy. Stimulates hair growth and freshens breath.

CELERY

Celery reduces inflammation and soothes the nervous system, which calms one's mood and helps with sleeping. Regulates the body's alkaline balance and contains healthy minerals & salt. Natural occurring pheromones exist in celery.

LEMON

Citric acid aids in smooth digestion, & helps dissolve kidney stones. Excellent source of **vitamin C**, which helps develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

GINGER ROOT

Ginger is anti-inflammatory and helps with migraines, menstruation, & digestion. It is very effective in alleviating symptoms of gastro-intestinal distress, helps increase circulation & kidney function. And acts as a decongestant too!

APPLE

Apples are high in antioxidants and fight the effect of aging on the brain. They lower cholesterol, detoxify the liver, and boost the immune system.