

Radiant Red Juice



Nutrition Facts

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

Amount Per Serving

Calories 270 Calories from Fat 30

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate

Protein 6g

Vitamin A 490% • Vitamin C 50%

Calcium 10% • Iron 15%

Vitamin D 0% • Vitamin E 8%

Vitamin K 60% • Thiamin 15%

Riboflavin 15% • Niacin 10%

Vitamin B6 25% • Folate 60%

Vitamin B12 0% Pantothenic Acid 10%

Phosphorus 20% • Magnesium 20%

Zinc 8% • Selenium 2%

Copper 15% • Manganese 45%

* 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: APPLE, BEETS, CUCUMBER, CARROTS, GINGER ROOT

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Cardiovascular
& Pre-natal
Health,
Anti-oxidants!

Nutrition claims per FDA: Low Calorie and Low Sodium if used as a meal replacement, Low Fat, Saturated Fat Free, 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

BEETS

Beets are highly nutritious and “cardiovascular health” friendly root vegetables. Antioxidants in this root have been found to protect against coronary artery disease and stroke, lower cholesterol levels within the body, and have anti-aging effects. Raw beets are an excellent source of **folates**, which are necessary for DNA synthesis within the cells. When given during per-conception period folates can prevent neural tube defects in the baby.

CARROT

Carrots are rich in anti-oxidants, vitamins and dietary fiber. They are an excellent source of **carotenes and vitamin-A**, which support healthy skin, hair, & eyes. Flavonoid compounds in carrots help protect from skin, lung and oral cavity cancers.

CUCUMBER

A natural electrolyte drink, cucumber juice is a great source of potassium which reduces blood pressure & heart rate by countering effects of sodium. Cukes are high in Vitamin K which promotes bone mass. They are also a source of anti-oxidants.

GINGER ROOT

Ginger is anti-inflammatory and helps with migraines, menstruation, & digestion. It is very effective in alleviating symptoms of gastrointestinal distress. It 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.