

# Optimistic Orange



## Nutrition Facts

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

### Amount Per Serving

**Calories** 170      Calories from Fat 30

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Total Carbohydrate** 38g      **13%**

Dietary Fiber 2g      **8%**

Sugars 23g

### Protein 3g

Vitamin A 690%      •      Vitamin C 180%

Calcium 8%      •      Iron 10%

Vitamin D 0%      •      Vitamin E 10%

Vitamin K 35%      •      Thiamin 20%

Riboflavin 10%      •      Niacin 8%

Vitamin B6 25%      •      Folate 15%

Vitamin B12 0%      • Pantothenic Acid 8%

Phosphorus 10%      •      Magnesium 10%

Zinc 4%      •      Selenium 2%

Copper 8%      •      Manganese 20%

\* 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: ORANGES, CARROTS, CELERY, TURMERIC ROOT

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



## Megadose of Vitamins, Plus Iron!

Vitamin A is essential for healthy eyes, skin, bones, and teeth. Vitamin C helps the body maintain healthy connective tissue, teeth and gums. Its anti-oxidant property helps the human body protect from diseases and cancers by scavenging harmful free radicals. Vitamin K is an important bone builder & heart protector. Iron is essential for healthy red blood cells.

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

## Benefits

### TURMERIC ROOT

The Turmeric is high in **curcumin**, a substance with powerful **anti-inflammatory** and **antioxidant** properties. Chronic inflammation is known to be a contributor to many common Western diseases. Curcumin can inhibit many molecules known to play major roles in inflammation. Curcumin has powerful antioxidant effects. It neutralizes free radicals on its own, then stimulates the body's own antioxidant enzymes.

### ORANGE

Oranges are an excellent source of **vitamin C**, which is a powerful natural **antioxidant**. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

### 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.

### 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.