

# Ganges Sunset



## Nutrition Facts

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

### Amount Per Serving

**Calories** 190      Calories from Fat 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 25mg      **1%**

**Total Carbohydrate** 46g      **15%**

Dietary Fiber 8g      **32%**

Sugars 34g

### Protein 2g

Vitamin A 90%      •      Vitamin C 120%

Calcium 6%      •      Iron 20%

Vitamin D 0%      •      Vitamin E 2%

Vitamin K 8%      •      Thiamin 8%

Riboflavin 6%      •      Niacin 4%

Vitamin B6 10%      •      Folate 10%

Vitamin B12 0%      • Pantothenic Acid 4%

Phosphorus 6%      •      Magnesium 8%

Zinc 4%      •      Selenium 2%

Copper 6%      •      Manganese 30%

\* 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: PINEAPPLE , ORANGE, APPLE, CARROT, TURMERIC ROOT

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



## Antioxidants, Anti-inflammatory, Digestive Health!

Turmeric has been used in India for over 2,500 years. In ancient India, turmeric was thought to be divine and helped to cleanse the chakras. Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease.

**Nutrition claims per FDA:** Low Calorie if used as a meal replacement, Low Fat, Very Low Sodium, Cholesterol Free, Excellent Source of Dietary Fiber, Excellent Source of Vitamin A, Excellent Source of Vitamin C, 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.

### PINEAPPLE

Pineapple contains a proteolytic enzyme **bromelain** that digests food by breaking down protein. Bromelain also has anti-inflammatory, anti-clotting and anti-cancer properties. Studies have shown that consumption of pineapple regularly helps fight against arthritis and indigestion.

### 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.

### 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.