

FRUIT FACTS

STRAWBERRIES

SWEET STRAWBERRY...

WHY?

**STRAWBERRIES ARE LOW IN
CALORIES BUT HIGH IN
FIBER, PROMOTING GOOD
DIGESTIVE HEALTH.**

HEALTH BENEFITS

- Anthocyanins help burn stored fat
- Helps ease inflammation
- Promotes bone health
- Contains biotin which has anti-aging properties
- Promotes eye health
- Strengthens teeth and gums

NUTRITIONALS

- Vitamin C
- Manganese
- Dietary Fiber
- Iodine
- Potassium
- Folate
- Vitamin B2
- Vitamin B5
- Omega 3 Fatty Acids
- Vitamin B6 (pyridoxine)
- Vitamin K
- Magnesium
- Cooper
- Silicon

ADD TO YOUR SHAKE TODAY!