

FRUIT FACTS

PUMPKIN

PRAISE THE PUMPKIN...

WHY?

PUMPKIN IS HIGH IN
BETA-CAROTENE WHICH AIDS
EYESIGHT AND FIGHTS HIGH
CHOLESTEROL.

HEALTH BENEFITS

- Helps promote a restful night's sleep
- Contains anti-inflammatory properties
- Improves insulin regulation
- Helps boost immunity
- Improves bone density
- Reduces risk of macular degeneration

NUTRITIONALS

- Potassium
- Dietary Fiber
- Manganese
- Omega 3 Fatty Acids
- Thiamin
- Copper
- Vitamin B5
- Vitamin B6
- Niacin

ADD TO YOUR SHAKE TODAY!