

FRUIT FACTS

BANANA

BANANA BOOST...

WHY?

**BANANAS HELP REGULATE
BLOOD PRESSURE &
SUPPORT NORMAL HEART
FUNCTION.**

HEALTH BENEFITS

- Naturally fat & cholesterol free
- Promotes regularity
- Protects your eyes & normal vision
- Excellent post-workout fuel for your body
- May help protect against stomach ulcers
- Skins can be used externally to treat skin conditions like psoriasis & acne

NUTRITIONALS

- Vitamin B6
- Potassium
- Dietary Fiber
- Vitamin C
- Manganese
- Magnesium

ADD TO YOUR SHAKE TODAY!