

FRUIT FACTS

BLUEBERRIES

BRAVO BLUEBERRIES...

WHY?

**BLUEBERRIES HAVE MORE
ANTIOXIDANTS THAN MOST
BERRIES & HELP FIGHT
CELLULAR DAMAGE.**

HEALTH BENEFITS

- Destroys Free-Radicals
- Proven to whittle away belly-fat
- Improve brain function & protects against oxidative stress
- May combat the start and/or progression of Alzheimer's & Parkinson's
- Lowers cholesterol
- Reduces diabetes risk
- Slowing the aging process
- Supports urinary & vision health

NUTRITIONALS

- Vitamin C
- Manganese
- Dietary Fiber
- Vitamin E

ADD TO YOUR SHAKE TODAY!