

FRUIT FACTS

PINEAPPLE

A whole pineapple with its green crown is positioned vertically in the center. In the foreground, a thick slice of pineapple is shown, revealing its juicy yellow interior and brown core. Another smaller slice is visible at the bottom right. The background is a solid yellow color.

PICK PINEAPPLE...

WHY?

**PINEAPPLES CONTAIN HIGH
AMOUNTS OF VITAMIN C &
MANGANESE, DIETARY FIBER
AND BROMELAIN**

HEALTH BENEFITS

- Reduce the inflammation of joints & muscles
- Stronger immune system
- Weight loss
- Improved respiratory health
- Strengthened bones
- Defending your body against infections & illnesses
- High blood pressure
- Strengthen gums & prevent loose teeth
- Eases tension and stress of the blood vessels and increases blood circulation

NUTRITIONALS

- Vitamin C
- Potassium
- Copper
- Manganese
- Calcium
- Magnesium
- Beta carotene
- Thiamin
- B6
- Folate
- Fiber
- Bromelain

ADD TO YOUR SHAKE TODAY!