

WHOLE-FOOD HEALTH

APPLES

AMAZING APPLES

WHY?

**APPLES ARE LOADED WITH FIBER,
WHICH HELPS TO CAN
SLOW DIGESTION AND KEEP YOU
FULLER FOR LONGER!**

HEALTH BENEFITS

- Great source of fiber
- Slows digestion
- Helps lower cholesterol
- Supports good heart health
- Packed with Vitamin C

NUTRITIONALS

- Vitamin C
- Antioxidants
- Fiber



ADD TO YOUR SHAKE TODAY!