

CARELUMINA

ENTHUSIAST

E3

Green Apple, Cucumber, Turmeric, Swiss Chard & Romaine

WHAT IT DOES



Swiss chard is loaded with potent antioxidant vitamins such as vitamin A, as well as riboflavin.



Romaine lettuce is high in folic acid which is important in regulating your homocysteine levels. If homocysteine levels are too high, it can seriously impact your heart.



We have added green apple. Studies have identified associations between frequent apple consumption and reduced risk of chronic diseases such as cardiovascular disease (beneficial effects on lipid metabolism, vascular function and inflammation.)



Cucumbers contain potassium, which is associated with lower blood pressure levels. A proper balance of potassium both inside and outside your cells is crucial for your body to function properly.



We have also added turmeric. The anti-inflammatory effect of curcumin (main compound in turmeric) contains important enzymes that mediate inflammatory processes.



ONLY 80 CALORIES

NUTRITION FACTS

Serving Size 12 fl. oz. (355mL)
Serving Per Container 1 Bottle

Amount Per Serving
Calories 80 Calories from Fat 5

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 15g	

Protein 1g	
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Juice from: green apple, romaine lettuce, cucumber, swiss chard and turmeric.

WARNING: This is a food product and not intended to treat, cure or prevent any disease.