

# CARELUMINA

ENTHUSIAST

E 4

Bok Choy, Green Apple, Parsley, Ginger, Spinach, Cucumber, Turmeric & Lemon

## WHAT IT DOES



Bok choy or Chinese cabbage is number two on the Centers for Disease Control and Prevention's Powerhouse Fruits and Vegetables. Bok Choy contains an abundance of antioxidants, such as indole-3-carbinol, thiocyanates, and isocyanates.



Spinach is a special vegetable that is high in folic acid, vitamin K, manganese, magnesium, iron, lutein and zeaxanthin.



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.



Ginger contains compounds (gingerols and shogaols) that account for the antioxidant, antiemetic, anti-inflammatory, and gastroprotective activities of ginger.



ONLY 80 CALORIES

## NUTRITION FACTS

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

Amount Per Serving  
Calories 80      Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	

Protein 2g	
Vitamin A 20%	Vitamin C 45%
Calcium 6%	Iron 6%

\*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: cucumber, green apple, bok choy, spinach, parsley, lemon, turmeric and ginger.

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