

LIQUID GOODNESS



WATERMELON

AIDS IN DIGESTION, LOWERS INFLAMMATION, REDUCES STRESS, GOOD FOR YOUR HEART!



ORANGE

LOADED WITH VITAMIN C WHICH CAN REDUCE BELLY FAT, BOOSTS YOUR IMMUNE SYSTEM, KEEPS BLOOD PRESSURE IN CHECK!



BEET

HIGH IN NUTRIENTS, LOW IN CALORIES! IMPROVES DIGESTION, CAN AID IN WEIGHT LOSS, AND SUPPORTS BRAIN HEALTH!



CARROT

INCREASES METABOLISM, IMPROVES VISION, AIDS IN CLEARER SKIN, IMPROVES BRAIN FUNCTION!



GINGER

THE KING OF DIGESTION SUPPORT! ANTI INFLAMMATORY, CAN RESULT IN WEIGHT LOSS, SUPPORTS GUT HEALTH



TURMERIC

A POTENT ANTIOXIDANT! MAY ALSO HELP IMPROVE SYMPTOMS OF DEPRESSION AND ARTHRITIS.



LEMON

PROMOTES HYDRATION, IMPROVES SKIN, AIDS IN DIGESTION, SUPPORTS WEIGHT LOSS AND FRESHENS BREATH!



PINEAPPLE

BOOSTS IMMUNE SYSTEM, IMPROVES BONE STRENGTH, LOWERS INFLAMMATION, AND STRENGTHENS VISION!



PEAR

RICH IN FIBER AND ANTIOXIDANTS! AIDS IN WEIGHT LOSS, DIGESTION, AND DETOX



MINT

REDUCES STRESS, CURBS HUNGER, FRESHENS BREATH, IMPROVES MENTAL AWARENESS AND FOCUS



SPINACH

LOW IN CALORIES, HIGH IN VITAMIN K, VITAMIN A, VITAMIN C AND FOLATE AS WELL AS A GOOD SOURCE OF MANGANESE, MAGNESIUM, IRON AND VITAMIN B2.



KALE

ONE OF THE MOST NUTRIENT DENSE FOODS ON THE PLANET! LOADED WITH POWERFUL ANTIOXIDANTS AND VITAMINS