

# CARELUMINA

ENTHUSIAST

E1

Kale, Cucumber, Lemon, Ginger, Green Apple & Turmeric

## WHAT IT DOES



Kale is an excellent source of lutein and zeaxanthin which have been shown in many studies to be potent antioxidants, which are in turn important for proper eye health, especially in the retina.



Kale and lemon are rich sources of Vitamin C, which plays a key role in collagen formation.



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 100 CALORIES

## NUTRITION FACTS

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

Amount Per Serving  
Calories 100 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 20g	

Protein 2g	
Vitamin A 10%	Vitamin C 60%
Calcium 8%	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: cucumber, green apple, kale, turmeric, lemon and ginger.

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