

CARELUMINA

ENTHUSIAST

E2

Carrot, Lemon, Grape, Celery, Parsley & Turmeric

WHAT IT DOES



Carrots are rich source of beta-carotene, which is a precursor to Vitamin A. Vitamin A helps night vision and prevent age-related macular degeneration (ARMD). Carrots are also a good source of Vitamin B6.



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



We have combined this with celery, which is rich in coumarins and phenolic acids.



We added parsley to this formula which adds an important phytonutrient, apigenin, which has shown to have anti-inflammatory and anti-carcinogenic properties.



Additionally, we have combined some grape juice which contains resveratrol, an important compound that is helpful for its cardioprotective abilities.



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



ONLY 110 CALORIES

NUTRITION FACTS

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

Amount Per Serving
Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 19g	

Protein 3g	
Vitamin A 970%	Vitamin C 50%
Calcium 10%	Iron 4%

*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: carrot, celery, parsley, grape, lemon and turmeric.

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