

CARELUMINA

ENTHUSIAST

E5

Spinach, Cucumber, Turmeric, Beetroot & Pineapple

WHAT IT DOES



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



Beets were also incorporated into this formula. They contain potassium and betaine, which has positive health effects for your heart.



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.



Bromelain in pineapples is identified to be valuable anti-inflammatory and powerful in reducing inflammation. Pineapples are a good source of vitamin C, vitamin B and manganese.



ONLY 90 CALORIES

NUTRITION FACTS

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

Amount Per Serving
Calories 90 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 18g	

Protein 3g
Vitamin A 30% Vitamin C 130%
Calcium 4% Iron 10%

*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, beet, pineapple, spinach, and turmeric.

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