

CARELUMINA

ENTHUSIAST

E6

Fennel, Cucumber, Orange, Romaine, Green Apple & Ginger

WHAT IT DOES



Romaine lettuce is high in folic acid, which is important in regulating your homocysteine levels.



Fennel contains its own unique combination of phytonutrients – including the flavanoids rutin, quercetin, and various kaemferol glycosides – that give strong antioxidant activity.



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.



This formula also contains a touch of orange. Orange juice consumption is associated with better diet quality, improved nutrient adequacy, decreased risk of obesity and improved biomarkers of health in adults.



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



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 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	1%	
Total Carbohydrate 19g	6%	
Dietary Fiber 0g	0%	
Sugars 17g		

Protein 2g		
Vitamin A 4%	Vitamin C 40%	
Calcium 4%	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, romaine lettuce, green apple, orange, fennel and ginger.

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