

## FRUIT FACTS

# LEMON

### LOVE LEMON...

#### WHY?

LEMONS ARE AMONG THE  
MOST ALKALIZING FOODS &  
CAN REDUCE SUSCEPTIBILITY  
TO ILLNESS.

### HEALTH BENEFITS

- Stimulates digestion
- Contains 22 anti-cancer compounds
- Freshens your breath
- Improves absorption of minerals
- Promotes weight loss
- Cleanses the blood
- Treats high blood pressure
- Increases fluid production in the body
- Calms the nerves
- Treats sore throat, cramps & diabetes

### NUTRITIONALS

- Vitamin C
- Vitamin B6
- Potassium
- Folic Acid

ADD TO YOUR SHAKE TODAY!