

FRUIT FACTS

RASPBERRIES

ROCKIN' RASPBERRIES...

WHY?

**RASPBERRIES ARE RICH IN
VITAMINS, ANTIOXIDANTS &
FIBER.**

HEALTH BENEFITS

- Cholesterol-free, low in fat & sodium
- ability to aid in weight loss, improve skin health, strengthen the immune system
- Promotes feminine health
- Promotes optimal health
- Prevents infections
- Reduces wrinkles
- Promotes weight loss
- Rich in antioxidants as well phytonutrients

NUTRITIONALS

- Vitamin C
- Potassium
- Riboflavin
- Copper
- Manganese
- Niacin
- Magnesium
- Folate
- Fiber

ADD TO YOUR SHAKE TODAY!