

NUTRITION NEWS & NOTES

Delicious Superfood Smoothies Deliver Customized Health Benefits

(NAPSA)—You may want to raise a glass and toast a delicious new way to improve your diet—drinking smoothies that offer customized nutritional benefits.

Superfood smoothies can be a great way to get your daily required servings of fruits and/or vegetables—especially if they are fortified with essential vitamins, nutrients, electrolytes and herbs. There are many health needs a smoothie can satisfy. Here are some suggestions for smoothies that offer customized nutrition from the experts at Sun Shower:

1. Do you want to enhance energy? Consider that a smoothie contains electrolytes and powerful antioxidant vitamins A, C and E plus other nutrients, amino acids, electrolytes and herbs.

2. Do you want to fuel and repair muscles? Try a protein-rich smoothie with 30 grams of protein per 12-oz. bottle and 15-plus essential vitamins.

3. Need to restore your energy balance? Add some essential vitamins. Some smoothies contain up to 25-plus essential vitamins, like Sun Shower's Fruit Smoothie—Apple/Kiwi/Mango.

4. Want to fight stress and fatigue? Consider a fruit and veggie drink with at least two serv-



Getting your required daily allowance of fruits and vegetables has never been easier with a new line of superfood smoothies.

ings of fruit and one serving of vegetables in every 12-oz. bottle, fortified with vitamins.

5. Looking to improve your heart health? You can help your heart out by drinking a fruit smoothie that contains essential B vitamins and bioflavonoids to promote heart health. Choose a formula that fights stress and fatigue with powerful antioxidant vitamins A, C and E.

In addition to such superfood smoothies, Sun Shower produces pure-pressed 100 percent Nectarine Juices, which are available in four flavors: Nectarine, Nectarine Berry, Nectarine Mango and Nectarine Pomegranate.

For more information, visit www.nbjuiceworks.com.