

# WHY JUST HAVE AN APPLE A DAY? GIVE YOUR BODY WHAT IT CRAVES!

KEVA JUICES CONTAIN FRUITS AND VEGETABLES THAT ARE SO GOOD FOR YOUR BODY!



## APPLES, BEETS, CARROTS, GINGER, CELERY, CUCUMBER, SPINACH & LEMON:

RICH IN ANTIOXIDANTS · ANTI-INFLAMMATORY PROPERTIES  
CONTAIN KEY VITAMINS AND MINERALS · LOW CALORIE  
HIGH IN NUTRITIONAL VALUE · EXCELLENT SOURCE OF FIBER  
IMMUNE BOOSTING ACTION · CANCER FIGHTING PROPERTIES



### HEALTH BENEFITS OF APPLES:

- Provides Vitamin C, a powerful natural antioxidant capable of blocking some of the damage caused by free radicals, as well as boosting the body's resistance against infectious agents
- Supplies B-complex Vitamins (Riboflavin, Thiamin, and Vitamin B-6). These vitamins are key in maintaining red blood cells and the nervous system in good health
- Good source of Dietary Fiber. A diet high in fiber can help prevent the development of certain diseases and may help prevent increased levels of unwanted cholesterol in your blood
- Apples are rich in polyphenolic compounds. These phytonutrients help protect the body from the detrimental effects of free radicals, which damage and injure cells causing cell mutations
- Contains minerals such as calcium, potassium, and phosphorus



### HEALTH BENEFITS OF BEETS:

- Rich in Potassium, Magnesium, Fiber, Phosphorus, Iron, Vitamins A, B & C, Beta-Carotene, Beta-Cyanine and Folic Acid
- Work as a purifier for the blood, and can prevent various forms of cancer
- Beets contain Betaine substance that is used in certain treatments of depression. It also contains Tryptophan, which relaxes the mind and creates a sense of well-being, similar to chocolate
- Beets contain Sodium, Calcium, Iron and are also considered a fiber food and high in Niacin
- Beets can lower your blood pressure



### HEALTH BENEFITS OF CARROTS:

- Exceptionally rich source of carotenes and Vitamin A
- Flavonoid compounds in carrots help protect from skin, lung and oral cavity cancers
- Carrots are rich in vitamins and dietary fiber, are low calorie, contain a negligible amount of fat and no cholesterol.
- Carotenes, converted into Vitamin A in the liver, are a powerful natural antioxidant that helps protect the body from harmful oxygen-free radical injury. In addition, it also has all the functions of Vitamin A, especially important for vision
- Provides about 9% of the RDA (Recommended Daily Allowance) of Vitamin C. Vitamin C is a water soluble anti-oxidant and it helps the body maintain healthy connective tissues, teeth and gums. Its antioxidant property helps the body protect itself from diseases and cancers by scavenging harmful free radicals
- Especially rich in many B-complex groups of vitamins such as Folic Acid, Vitamin B-6 (pyridoxine), Thiamin, and Pantothenic Acid. These act as co-factors to enzymes during substrate metabolism in the body



### HEALTH BENEFITS OF GINGER:

- Contains Chromium, Magnesium and Zinc which improves blood flow, as well as prevent chills, fever, & excessive sweat
- Remedies motion sickness. Ginger is a known effective remedy for the nausea associated with motion sickness
- Improves absorption. Ginger improves the absorption and stimulation of essential nutrients in the body. It does this by stimulating gastric and pancreatic enzyme secretion
- Cold and flu prevention. Ginger has been used for thousands of years as a natural treatment for colds & flu around Asia.
- Combats stomach discomfort. Ginger is ideal in assisting digestion, thereby improving food absorption and avoiding possible stomach ache. Ginger appears to reduce inflammation in a similar way to aspirin and ibuprofen
- Reduce pain and inflammation. Ginger contains some of the most potent anti-inflammatory fighting substances and is a natural powerful painkiller



### HEALTH BENEFITS OF CELERY:

- Celery is an excellent food source for Vitamin K, which helps to build strong bones and prevent cardiovascular disease
- Very good source for Folate, Potassium, Dietary Fiber, Manganese, and Pantothenic Acid
- Good source of Vitamin B2, Copper, Vitamin C, Vitamin V6, Calcium, Phosphorous, Magnesium, and Vitamin A
- High in phytonutrients which provide numerous anti-inflammatory benefits, especially in the digestive tract and blood vessels, thus helping to protect the stomach lining as well as have potential cardiovascular benefits



### HEALTH BENEFITS OF CUCUMBERS:

- Excellent source of Vitamin K and Molybdenum
- Provides a variety of health-supportive phytonutrients, including Flavonoids, Lignans, and Triterpenes, which are rich in antioxidants and contain anti-cancer properties
- Cucumbers are a good source of Pantothenic Acid, Copper, Potassium, Manganese, Vitamin C, Phosphorus, Magnesium, Biotin, and Vitamin B1
- Cucumbers are 96% water and are great for hydration and flushing out toxins. The compound, Sterols, helps reduce bad cholesterol, while the mineral, Silica, helps with healthy hair and nails. Cucumbers also can benefit the kidneys by lowering the amount of Uric Acid



### HEALTH BENEFITS OF SPINACH:

- High in protein and contains a wealth of vitamins and minerals
- Spinach is considered a super food due to the rich supply of nutrients supplied by this dark leafy green. Contains a rich supply of Vitamin K, which is important for skin and hair, bone health
- One of the best food sources for Potassium which helps lower blood pressure and also an excellent source of Iron which is key to transporting oxygen in the blood supply.
- Spinach is one of the best dietary sources of Magnesium, which is necessary for energy metabolism, maintaining muscle and nerve function, heart rhythm, a healthy immune system and maintaining blood pressure. Magnesium also plays a part in hundreds of biochemical reactions that occur in the body



### HEALTH BENEFITS OF LEMONS:

- Lemons are a digestive aid and promote cleansing of the liver
- Strong antibacterial, anti-viral, and immune boosting properties
- Lemons are alkaline-forming in the body and help balance highly acidic conditions in the body
- The high Vitamin C content found in lemons helps neutralize free radicals linked to aging and most types of disease
- Contains Citric Acid, Calcium, Magnesium, Vitamin C, Bioflavonoids, Pectin, and Limonene to promote the body's immunity and fight infection

## GIVE YOUR BODY WHAT IT CRAVES!

\*CUSTOM KEVA BLENDS CONTAINING OVER 5 JUICES COME AT ADDITIONAL CHARGE