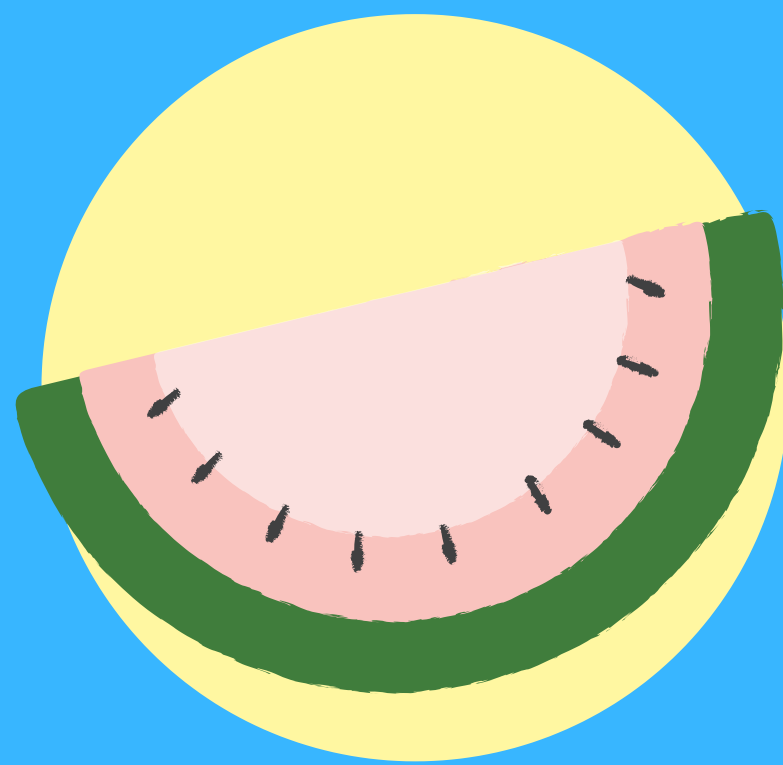


THE BENEFITS OF FRUIT



PINEAPPLE

Rich in potassium, calcium, vitamin C, beta carotene, thiamin, B6, as well as soluble and insoluble fiber.



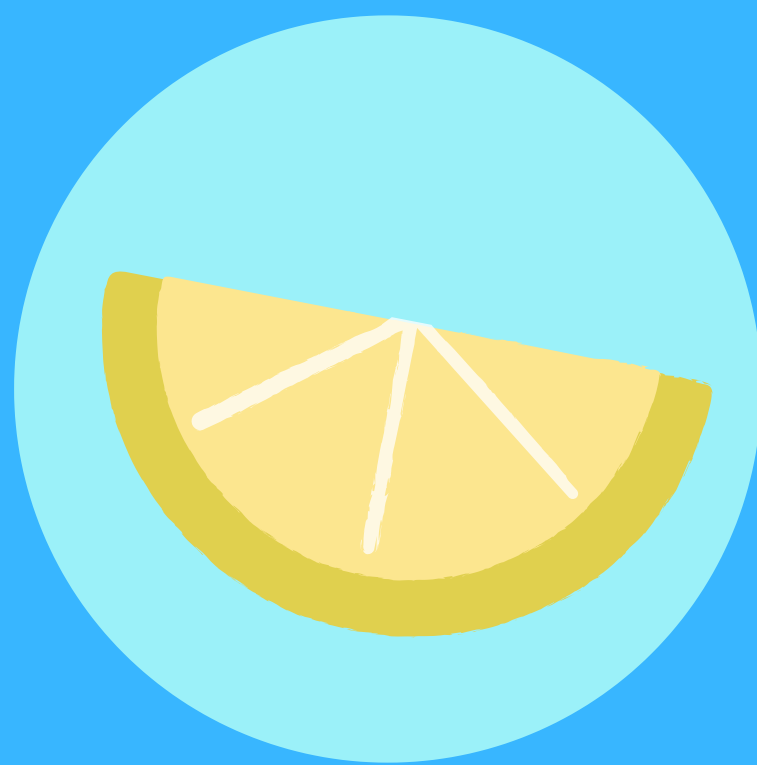
WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes



ORANGE

Boosts immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



LEMON

Has nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, and riboflavin.



APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders.



KIWI

An excellent source of vitamin C, vitamin A, folate, vitamin E, and vitamin K. Has antioxidant properties.