

WHY DRINK INDIAN RIVER SELECT® BRAND RUBY RED GRAPEFRUIT JUICE?

Indian River Select® Brand's Ruby Red Grapefruit Juice is a naturally nutrient-rich beverage that offers many health benefits, such as:

Antioxidants



One 8-ounce glass of **Indian River Select® Brand Ruby Red Grapefruit juice** provides 100 percent or more of the Daily Value for vitamin C. Vitamin C is an important antioxidant. Antioxidants may help neutralize free radicals formed as part of the body's natural oxidation processes. Many scientists believe the long term presence of excessive free radicals may damage cells and tissues and contribute to the development of certain chronic diseases.

Immune System Support

An 8-ounce glass of **Indian River Select® Brand Ruby Red Grapefruit juice** provides vitamin C, plus other nutrients and phytochemicals that may help support a healthy immune system. Belonging to the family of citrus fruits, **Indian River Select® Brand Ruby Red Grapefruit juice** naturally becomes a great source of vitamin C and vitamin A. Vitamin C and A rich foods provide an immense support to your immunity. Drinking grapefruit juice daily may aid your body's natural ability to fight off illnesses, such as a cold or the flu.

Lower Cholesterol

Indian River Select® Brand Ruby Red Grapefruit carries amazing compounds that may help to lower LDL (bad) cholesterol or triglycerides in the body. Having grapefruit juice daily also significantly reduces the amount of triglycerides.

Weight Management

One 8-ounce serving of **Indian River Select® Brand Ruby Red Grape-juice** is fat-free and at around 90



calories per 8-ounce glass, has fewer calories than most other commonly consumed 100 percent fruit juices. Our one hundred percent grapefruit juice is a healthful and nutrient-rich replacement in the diet for foods and beverages containing added sugars. Florida Grapefruit Juice has a high level of naringin, a flavonoid. Emerging research suggests that naringin may help stabilize the metabolism.

Combats Cancer



Indian River Select® Brand Ruby Red Grapefruit juice is a glass full of a variety of antioxidants, phytochemicals and phytonutrients that are cooperative, when used as part of a healthy diet, in fighting against the development of some cancers.

Vision Support

Indian River Select® Brand Ruby Red Grapefruit juice



provides key nutrients that have been associated with supporting eye health, including beta carotene and vitamin A. Beta-carotene, Vitamin A, lutein and xanthin are uniformly great in upholding the health of the eyes.

Heart Health

Research suggests that the consumption of grapefruit and grapefruit juice is associated with a



positive impact on heart health indicators such as HDL cholesterol and total cholesterol. **Indian River Select® Brand Ruby Red Grapefruit juice** is also sodium-free, saturated fat-free, cholesterol-free, has 300mg of potassium per serving, and is an important part of a heart-healthy diet and lifestyle.

Healthy Skin and Gums



The vitamins C and A found in **Indian River Select® Brand Ruby Red Grapefruit Juice** can help support collagen production and cell growth, which may support healthy skin and gums. Collagen breakdown in the skin leads to the appearance of premature aging. Having two servings of **Indian River Select® Brand Ruby Red Grapefruit juice** may help to promote good periodontal health.

Combats Fatigue and Tiredness

IndianRiverSelect® BrandRuby Red Grapefruit juice provides energy and rehydration after a long working day. Try drinking a glass of **Indian River Select® Brand Ruby Red Grapefruit juice** to revive yourself.