



Healthy juices

Power gulp

This green goodie sneaks in a dose of iron (you need extra during your period and pregnancy), key for healthy blood cell and muscle function. It also delivers more than your daily rec of vitamin K—another must for blood and bone health.

Ingredients

Palak

Green Grapes

Green apple

Cucumber.

Calories -110

Total Health Booster

A swig of this vitamin-packed (A, B, C, E) beverage fuels your whole body. It even fights aging: Lutein plus vitamins A and C up collagen production (for strong bones and younger-looking skin).

Ingredients

Apple

Pear

Cherries/orange

Calories -192

Antioxidant Supreme

Antioxidants in berries boast potent anti-aging benefits.

Blubberies

Strawberries

Watermelon

Energy Upper

Natural fruit sugars give you an instant boost, and electrolyte-loaded coconut water helps keep you hydrated.

Ingredients

Lychee syrup

Peach

Coconut water

Calories -151

Immune Booster

Ward off colds with this vitamin bomb! The kiwis alone pack nearly twice your daily vitamin C—and the citrus delivers even more of the cold-busting vitamin.

Oranges

Kiwi

Sweetlime

Detox

High-fiber root veggies and fruit keep things moving through the digestive tract, while ginger calms your stomach.

ingredients: Ginger, beet, carrots, apple

ABC juice(miracle drink)

Packed in this juice are the power of two vegetables and one fruit, all enriched with plentiful amount of lifesaving antioxidants. Apples contain nutrients like Vitamin A, B1, B2, B6, C, E and K, Folate, Niacin, Zinc, Copper, Magnesium, Potassium, Phosphorus, Iron, Calcium, Sodium and Manganese. Also the dietary fibers found in apples are very beneficial for health. Carrots contain a wide variety of vitamins such as Vitamin A, B1, B2, B3, B6, C, E and K, Folate, Niacin and Pantothenic Acid. There are minerals like Potassium, Calcium, Phosphorus, Magnesium and Selenium packed in it. One of the most important components found in carrots is beta-carotene. You can get the best of these nutrients by juicing the carrots. And the heart friendly Beetroots are enriched with nutrients like vitamin A, C, B-complex, potassium, iron, magnesium and copper.

Ingredients

Apple

Beet

Carrots