

100%

JUICE FROM FRESH APPLES AND BEETROOT



Raw beetroot - it is one of the most widespread types of cultivated beets. This popular delicacy hides a lot of health-beneficial substances, which are manifested in the prevention of diseases associated primarily with blood cells.

Effects:

- Prevents the development of arteriosclerosis/a healing cure is recommended for arteriosclerosis: raw beetroot juice in a dose of 50 - 100 ml daily for at least ten days
- Promotes cell growth and repairs their nuclei. Activates the production of red blood cells, and thus the supply of oxygen to the cells
- Supports liver function
- Has diuretic effects
- Excreted salt from the body
- Stimulates stomach activity and bile production
- Induces a more optimistic mood
- Rids the intestines of toxins, eliminates constipation
- Adds elasticity and shine to the skin, hair and nails
- Neutralizes and removes toxins, especially in the brain

100 grams of beetroot contains:

- | | | |
|---------------------------|-----------------------------|-----------------------|
| - Sodium 70 mg | - Potassium 380 mg | - Calcium 20 mg |
| - Magnesium 25 mg | - Phosphorus 44 mg | - Zinc 0,55 mg |
| - Iron 0,95 mg | - Selenium 0,9 mg | - Copper 0,2 mg |
| - Omega-3 fatty acids 7mg | - Omega-6 fatty acids 62 mg | - Manganese 0,38 mg |
| - Vitamin A 39 mg | - Vitamin B3 0,4 mg | - Vitamin C 5,2 mg |
| - Vitamin B6 0,2 mg | - Vitamin K 0,4 mg | - Beta-carotene 23 ug |
| - Folic acid 120 ug | - Pantothenic acid 0,4 mg | |

www.mustaren-susiaren.sk

