



APPLE BENEFITS

Nature's Toothbrush



- Helps clean teeth and gums by stimulating saliva to reduce bacteria
High fiber scrubs and promotes elimination in the GI tract

Nutrition from the first bite!



- Fiber, Vitamin C, Potassium Vitamins K, E, B1 and B6 and antioxidants

Get Filled Up



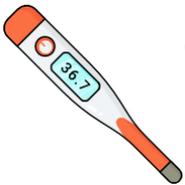
- Feel fuller longer with real food to help avoid overeating (and grabbing those sneaky processed snacks)

Heart Healthy



- Studies show that apples lower LDL and help to eliminate excess cholesterol, working to prevent cardiovascular disease

The Original Immune Support



- 1 medium apple has the daily recommended amount of vitamin C

Keep Your Mind Sharp



- Studies found Quercetin in apples may protect the body's neuron cells from oxidative stress - lowering the risk for the likes of Alzheimer's



Ward off diabetes, GERD and weight

- Research says you can't go wrong with an apple a day!