



Healthy Living

CARE SMOOTHIE is prepared with a selection of ingredients that includes raspberries, a powerful antioxidant, and aloe vera, which aids digestion.



BALANCE SMOOTHIE includes bananas and cocoa, which support circulation and aid digestion.



GOOD ENERGY JUICE contains beetroot, carrots, red apples and baby spinach, which assist in balancing blood sugar levels and supporting digestion.



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DIGESTION JUICE is prepared with such high fibre fruits as kiwi and pineapple, which make food travel slowly through the digestive tract, enhancing the absorption of important nutrients.



Among other ingredients, **ANTI JET LAG JUICE** contains kale, which is effective for detoxification, and pumpkin seeds, which assist in producing the body's sleep hormone – melatonin.



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