

Zeb's Cool Fusion



Coconut Water

Contains antioxidants | Improves blood sugar control and increase insulin sensitivity | Good source of Magnesium | Lowers blood pressure | Perfect for restoring hydration and replenishing electrolytes | Prevent kidney stones by reducing crystal and stone formation

Cucumber

Contains antioxidants, flavonoids and tannins | Promotes hydration | Contains about 96% of water | Low in calories | High in vitamins and minerals | Contains fiber which help promote regular bowel movements.

Ginger

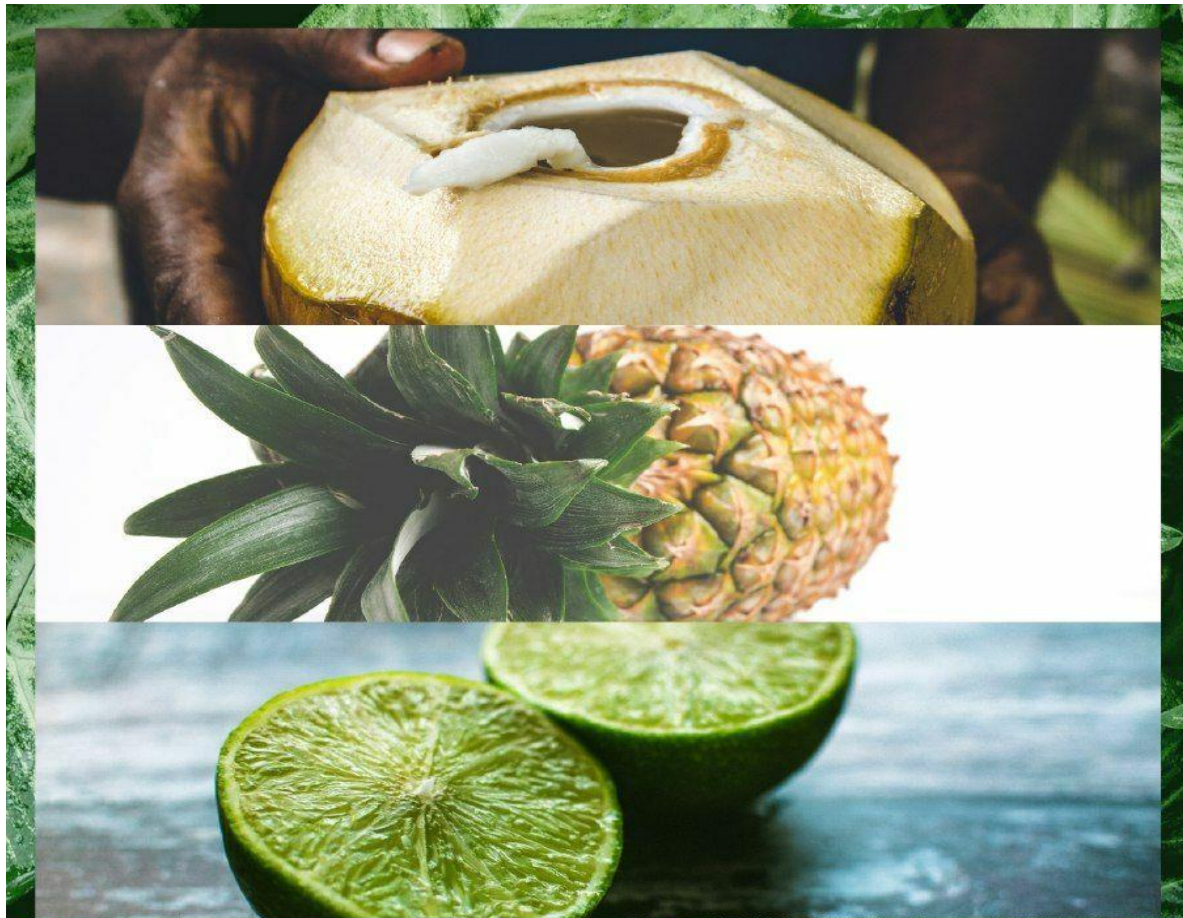
Powerful anti-inflammatory and antioxidant properties | Helps with sea sickness, chemotherapy-related nausea and morning sickness | Lowers blood sugar levels | Reduces menstrual pain when taken at the beginning | Protect against age-related damage to the brain | Reduce muscle pain and muscle soreness.

Mint

Improves IBS symptoms especially peppermint | chewing it reduces bacteria that causes bad breath | soothes the stomach during indigestion or inflammation | Excellent skin cleanser, cures infections and itchiness | Clears up congestion of the throat, bronchi and lungs, which gives relief from respiratory disorders from asthma and common colds.

Gala Melon

Improves heart health | Lowers blood pressure | Aids digestion and bowel movements | Packed with many nutrients even Vitamin A and Vitamin C | Helps control diabetes.



Ephraim's Copime



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Pineapple

Packed with a variety of vitamins and minerals | Good source of antioxidants | Contains bromelain which aids in digestion and helps with recovery from strenuous exercises | Reduce risk of chronic heart disease, diabetes and certain cancers | Anti-inflammatory properties | Immune system booster

Lime

High in Vitamin C | Promotes healthy and strong skin | Improves immunity reduces heart diseases and kidney stones | Aid Iron absorption | Stimulates the Liver to cleanse toxins

Judah's Fine Wine

Blueberries

Superfood | King of Antioxidant foods | Low in calories | Contains Vitamin C, Vitamin K and Manganese | Protects against DNA Damage | Lowers blood pressure and prevents heart disease.



Cloudy Apple Juice

Contains 88% water | Rich in plant compounds, i.e polyphenols | Helps suppress oxidative damage in blood | May support heart health | May protect the brain as it ages.



Grapes

High in antioxidants | Contains Vitamin C | Lowers blood pressure | May protect against common eye diseases | Improves memory, attention and mood | Contains minerals that helps promote bone health | Protects against certain bacteria, viruses and also yeast infection.



Plum

Contains many vitamins, minerals, antioxidants and high in fibre | Relieves constipation | Lowers blood sugar | Beneficial for your heart.



Strawberries

Rich source of antioxidants and protects against free radicals such as pollution, smoke and sunlight | Helps with weight management | Lowers blood sugar | Antimicrobial affects.





Benji On Di Go

Mango

Contains plenty of water and dietary fiber making it good for digestive health | Supports eye health | High in Vitamin A and vitamin C | Prevents wrinkles, sagging and promotes healthy skin | Promotes healthy hair | Protect against oxidative stress | Helps stop growth of certain cancer cells



Orange

High in Vitamin C | Helps boost the immune system which helps prevent colds and recurrent ear infections | Contains antioxidants which help protect skin from free radical damage | Help keep blood pressure under check | Lower cholesterol | Controls blood sugar level | Helps lower the risk of cancer | Aids bowel movement



Passionfruit

Reduces anxiety | High in vitamin A which is important for skin and vision | High in Vitamin C which is good for the immune system | Rich in Antioxidants | Good source of fibre crucial for keeping the gut healthy preventing constipation and bowel disorders | Has low glycemix index (GI) keeping control of blood sugar level | Helps to improve insulin sensitivity which can help reduce the risk of diseases including diabetes.

