

Heart-Healthy and Tastebud-Worthy

Enjoy the many proven benefits of The Original Wellness Drink™

Why Florida Orange Juice?

Research studies suggest that regularly enjoying citrus fruits and 100% fruit juices, such as 100% orange juice, as an adult and part of a healthy diet, may help support healthy cholesterol levels and healthy blood vessels, lower blood pressure and reduce the risk of heart disease and stroke.



100% orange juice has been shown in clinical studies to:



Reduce total cholesterol¹⁻³



Reduce "bad" cholesterol¹⁻³



Increase "good" cholesterol^{1,4}



Reduce blood pressure⁵⁻⁷



Reduce or not affect triglyceride levels¹⁻³



Reduce cardiovascular disease risk^{8,9}

A Unique Package of Heart-Friendly Nutrients

vitamins, minerals and bioactive compounds to help support heart health

an excellent source of vitamin C*

no added sugar

a good source of folate*

sodium and cholesterol free

a good source of thiamin*

a good source of potassium*

*Per 8 ounces of 100% orange juice

100% orange juice has hesperidin⁷, a naturally occurring phytonutrient, which emerging research suggests may help maintain healthy blood pressure and blood vessel function in adults⁵⁻⁷. Diets containing foods that are a good source of potassium and that are low in sodium¹⁰ or include hesperidin⁵⁻⁷ may reduce the risk of high blood pressure and stroke.

References

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The Original Wellness Drink.™