

# Taste the Florida Difference



# Polyphenols – Hesperidin

Polyphenols are associated with benefits seen with cocoa/chocolate, red wine, green tea, grape seeds and skin.



**100% Orange Juice**  
Hesperidin



**Green Tea**  
Catechins



**Cocoa**  
Flavanols



**Red Wine**  
Resveratrol

Ongoing research shows hesperidin may play a valuable role in the overall benefits of 100% orange juice:

- Antioxidant activities<sup>1,2</sup>
- Anti-inflammatory processes<sup>3-5</sup>
- Immune system<sup>3</sup>
- Heart & vascular health, blood pressure<sup>6-8</sup>
- Sugar absorption/metabolism<sup>9</sup>
- Cognition<sup>10-12</sup>
- Gut microbiome<sup>13</sup>

**Orange juice is the only commonly consumed food that is a source of Hesperidin.**

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**Scan here to learn more about our favorite flavonoid, hesperidin.**

