



When Performance Matters



The Original Wellness Drink™ supports hydration and recovery

Florida Orange Juice

Optimize your performance with a tried and true solution.

Supports hydration with electrolytes like potassium and magnesium (and calcium in fortified options)

A study published in the *Journal of Nutrition and Health Sciences* reports that drinking 100% orange juice following exercise contributes to hydration equally as well as water and sports drinks, indicating this beverage staple can be a viable option for post-exercise recovery.¹ And the potassium content in 100% orange juice is higher than that of other fruit juices which may help maintain fluid balance and lactic acid.





Vitamin C in athletes has been shown to support

- Enhanced iron absorption in at-risk athletes^{2,3,4}
- Immune system health^{3,4}
- Reduction of inflammation and oxidative stress⁵



B vitamins support energy metabolism including

- 15%* DV of folate
- 10%* DV of thiamin
- 8%* DV of vitamin B6
- 6%* DV of niacin

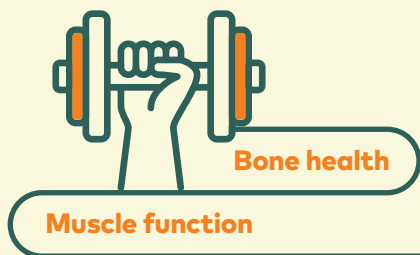
*Per 8 oz. serving



DYK?

Magnesium is essential for maintaining energy levels, and also plays a role in muscle relaxation, bone development and helps support cardiovascular health. Each 8 ounce serving of 100% orange juice includes 6% DV of magnesium.

When fortified with calcium and vitamin D, 100% orange juice supports



Plant compounds in 100% orange juice may help support athletic performance



- Flavonoids like hesperidin are associated with an anti-inflammatory response^{6,7,8}
- Carotenoids to support eye and brain health^{9,10}

Step up your game with Florida Orange Juice

References

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**The Original
Wellness Drink.™**