

NEW SCIENTIFIC FINDINGS: 5 SURPRISING HEALTH BENEFITS OF 100% ORANGE JUICE



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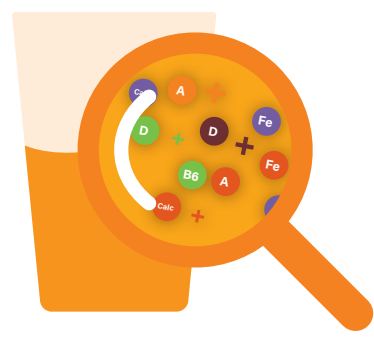
¹ Büsing FA et al. (2018) High intake of orange juice and cola differently affects metabolic risk in healthy subjects. Clin Nutr: in press [https://www.clinicalnutritionjournal.com/article/S0261-5614\(18\)30093-1/fulltext](https://www.clinicalnutritionjournal.com/article/S0261-5614(18)30093-1/fulltext).

² Cesar TB et al. (2010) Orange juice decreases low-density lipoprotein cholesterol in hypercholesterolemic subjects and improves lipid transfer to high-density lipoprotein in normal and hypercholesterolemic subjects. Nutr Res 30(10):689-94.

³ Silveira JQ et al. (2015) Red-fleshed sweet orange juice improves the risk factors for metabolic syndrome. Int J Food Sci Nutr 66(7):830-6.

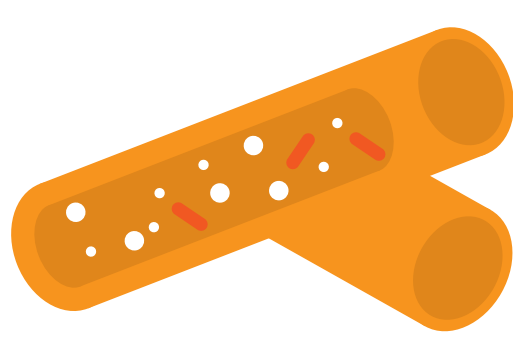
⁴ Büsing FA et al. (2018) High intake of orange juice and cola differently affects metabolic risk in healthy subjects. Clin Nutr: in press [https://www.clinicalnutritionjournal.com/article/S0261-5614\(18\)30093-1/fulltext](https://www.clinicalnutritionjournal.com/article/S0261-5614(18)30093-1/fulltext).

⁵ Atkinson RD et al. (2008) International Tables of Glycemic Index and Glycemic Load Values. Diabetes Care 31: 2281-2283.



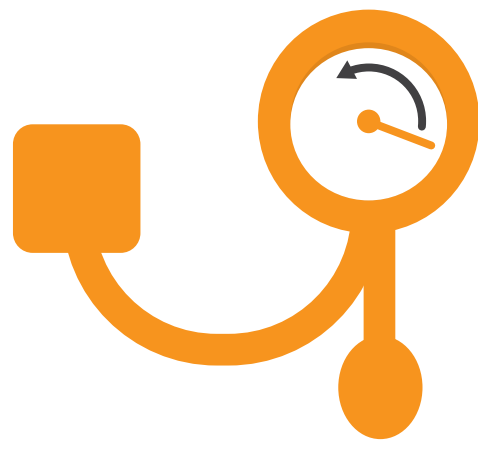
MORE THAN SUGARS: FOR EVERY GRAM OF NATURAL SUGAR, 20MG OF MICRONUTRIENTS

100% orange juice is far richer in micronutrients such as vitamin C and potassium - which is proven to **support normal blood pressure.**



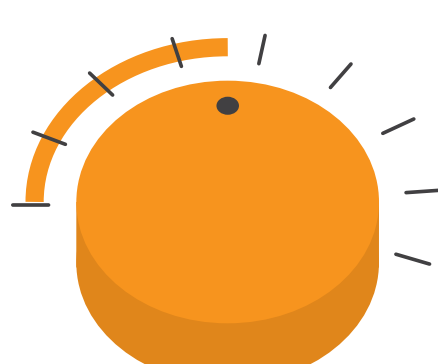
AN ALLY FOR A HEALTHY HEART

100% orange juice may **encourage free cholesterol transfer to high density lipoprotein cholesterol,**² maintaining normal heart health.



REDUCING HIGH BLOOD PRESURE AND INSULIN RESISTANCE

In an 8-week trial³ where volunteers drank 100% red orange juice (high in lycopene), daily 100% red orange juice intake led to statistically reduced blood pressure and insulin resistance.



SMALL GLASS CAN IMPROVE THE BODY'S GLYCAEMIC CONTROL

The same study⁴ revealed **that drinking 100% orange juice every day may lead to improved glycaemic control** due to its very low G.I. in **comparison to other foods: a small glass of orange juice has lower G.I. and G.L. than a banana**⁵.



THE RIGHT AMOUNT A DAY KEEPS OBESITY AWAY

100% orange juice does not contribute to weight gain or obesity. On the contrary: participants in a study who **drank orange juice 3x a day** with a main meal were found to have a **net decrease in avg. body fat of -0.3kg.**¹