



# A-Z OF RAW INGREDIENTS FOR JUICING



## Apple

Apples provide nutrients that fight disease, lower high cholesterol and help the effects of arthritis. Apple juice will sweeten a juice smoothie to make vegetables more palatable.



## Asparagus



## Beetroot



## Beets



## Berries

Berries will purify your blood and are chock full of antioxidants to protect you from disease. They are good for hypertension, bladder infections, and colds.



## Broccoli



## Burdock



## Cabbage



## Carrot

Carrots are one of the most nutritious foods. They are the best source of carotene which is changed to vitamin A in the body. Vitamin A helps the immune system, promotes healthy skin, and helps night vision.



## Cauliflower



## Celery

Celery has vitamins A, B, C and E, and is a great source of potassium and folic acid. It supports healthy kidneys and is a natural diuretic, so it helps with hypertension.



## Coriander



## Cucumber



## Dandelion



## Dill



## Fruits



## Ginger



## Grapefruit



## Grapes



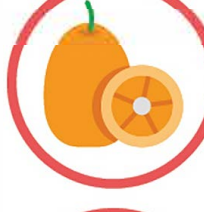
## Herbs



## Horseradish



## Kale



## Kumquat



## Lemon



## Lettuce



## Lime



## Melon



## Mint



## Nectarine



## Orange

Oranges are a great source of vitamin C which helps people recover from colds quicker. It also helps the body fight infection and helps prevent degenerative diseases. Since the body cannot make vitamin C, it is essential to consume some everyday.



## Oregano



## Parsley



## Peach



## Pineapple

Pineapples are high in fibre, potassium and vitamin C. They also contain bromelain that speeds healing of bruises and wounds and is an anti-inflammatory.



## Radish



## Redcurrant



## Rosemary



## Spinach



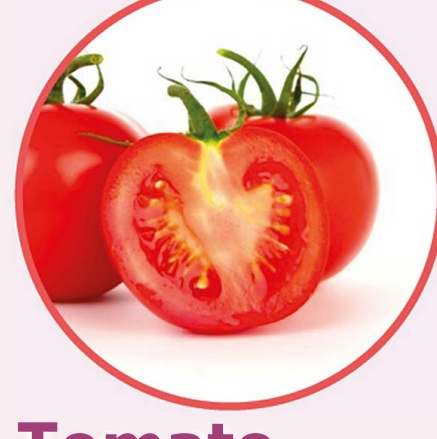
## Sprouts



## Squash



## Strawberry



## Tomato

Tomatoes have vitamin C and beta-carotene a strong antioxidant. They can help with liver problems, yeast infections, help slow the aging process and prevent cancer.



## Turnip



## Vegetables



## Watermelon



## Wheatgrass



## Yams



## Zucchini

