



JUICE GURU
INSTITUTE

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



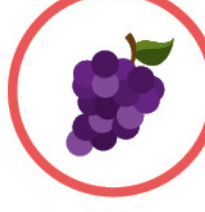
Fruits



Ginger



Grapefruit



Grapes



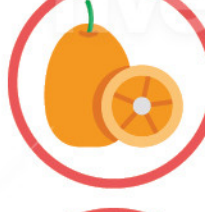
Herbs



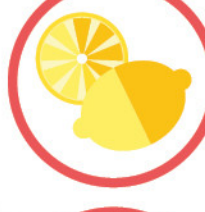
Horseradish



Kale



Kumquat



Lemon



Lettuce



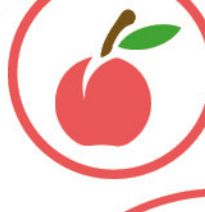
Lime



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

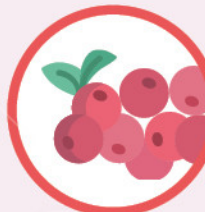


Pineapple

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



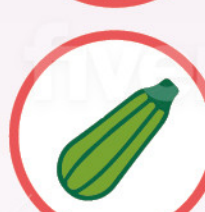
Watermelon



Wheatgrass



Yams



Zucchini

