

**NOW THERE
IS A HEALTHY
ALTERNATIVE
TO TABLETS
AND PILLS.**



AND IT
TASTES
GREAT
TOO!



**APPLE
ORANGE
BANANA
KIWI
LEMON**

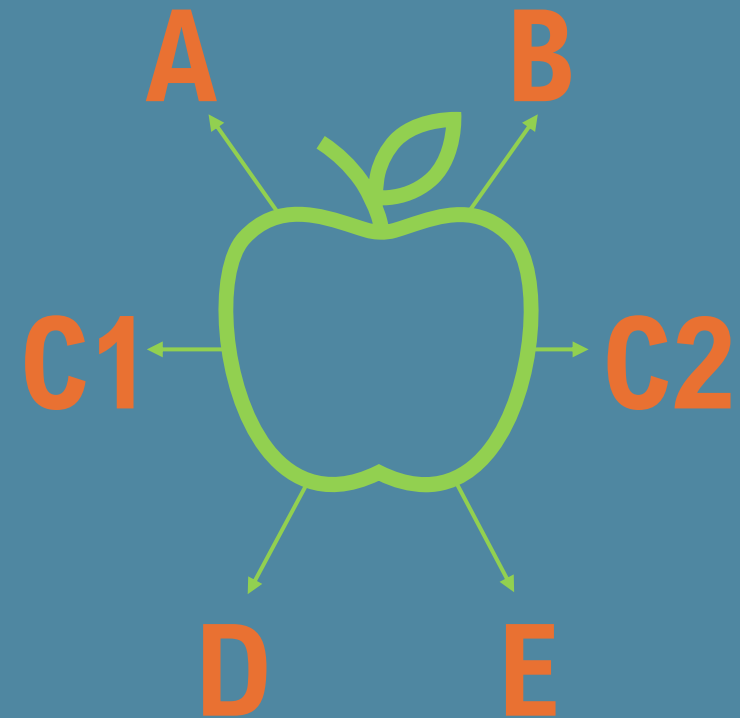


**FULL OF
HEALTH GIVING
VALUE, AND
WEIGHT WATCHING
CONTROL.**

**APPROVED
BY DIETICIANS
AND THE
HEALTH
INDUSTRY**



VITAMINS



**1 A WEEK
WILL PROVIDE
A VITAL VITAMIN
BOOST.**



**AND HELP
TAKE 2 INCHES
OFF YOUR
WASTE LINE.**

So many modern foods are processed and rely on high levels of fat, sugar and salt for flavour.

But this is at the expense of the vitamins your body needs. FRUITAMIN provides a rich, tasty, natural source of health-giving goodness.





APPLES & ORANGES

Apples and oranges are great for **low-calorie, low-fat, and low-carb diets** - they have similar macronutrient composition.

Oranges have **higher levels of most vitamins and minerals** compared to apples. They contain **12 times more** vitamin C, as well as **more** copper, calcium, and potassium.

Both fruits have been shown to have a **positive impact on reducing the risk** of diabetes, cancer, and cardiovascular illnesses.

RELY ON NATURE FOR YOUR DAILY NEEDS.



FRUITAMIN is different to many OTS products – it contains nothing more than fresh fruit and water.

No added sugar, no preservatives, no colourants – NOTHING but pure, wholesome goodness.



BANANAS

Bananas are a solid source of carbohydrates and vitamin B and provide an energy boost. Because bananas contain both soluble fibre and resistant starch, the combination of these components can help regulate blood sugar levels after eating.

Bananas also contain antioxidants, which may prevent or delay cellular damage in the body.

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LEMONS

Lemons can provide two thirds of the daily value of vitamin C. This helps the body form and preserve connective tissue as well as bones, blood vessels and skin.

Lemons also contain pectin fibre, a soluble dietary fibre essential for colon health.

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KIWI FRUIT

Kiwis are particularly high in vitamin C, which makes them excellent for supporting the immune system and enhancing skin health. They also contain potassium.

Kiwis are filled with fibre and are low in calories, which can be helpful for those aiming to be in a calorie deficit for weight loss.

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START TODAY FOR A HEALTHIER LIFE.



HEALTH
GUIDANCE



MEDICAL
GUIDANCE



HOW ITS
MADE



FRUITAMIN HEALTH

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