BE TA- CAROTENE
Enhances immune system.
Converted to vitamin A in the body – essential for:
- Vision
- Immune function
- Skin
- Bone health

BE TA- CRYPTOX ANTH IN
May help to protect against development of rheumatoid arthritis.

HESPERITIN
May lower cardiovascular risk.
Acts as an anti-inflammatory.

What can orange foods do for you?

B E T A  C A R O T E N E
Enhances immune system.
Converted to vitamin A in the body – essential for:
- Vision
- Immune function
- Skin
- Bone health

S E H S P E R I T I N
May lower cardiovascular risk.
Acts as an anti-inflammatory.

B E T A - C R Y P T O X A N T H I N
May help to protect against development of rheumatoid arthritis.

FR U I T

1 slice PAPAYA
1 glass FRUIT JUICE
1 ORANGE
1 NECTARINE
1 SHARON FRUIT
1 TINNED PEACH
2 MANGO
2 TANGERINES
2 SATSUMAS
2 CLEMENTINES
3 TABLESPOONS BUTTERNUT SQUASH
3 APRICOTS

V E G E T A B L E S

1 SWEET POTATO
3 TABLESPOONS CARROTS

O T H E R

3 TABLESPOONS RED LENTILS
3 TABLESPOONS BAKED BEANS