



Earth 3

Soothes and improves digestion, detoxifying juice & increases stamina & endurance.

Product Information

Our Earth 3 is a deep purple concoction of elegant earthy flavours.

The juice combines sweet aniseed notes of fennel and the soft floral chamomile complement the rich, smooth mouth feel of carrot and beetroot. A dash of lemon and ginger balance an otherwise sweet vegetable juice. A gently detoxifying blend of root vegetables and herbs to soothe and calm the digestive system.

Benefits of Earth 3

There are a large number of nutrients found in Earth 3 as well as detoxifying benefits. Beetroots contain compounds called nitrates, which can lower blood pressure and increase stamina by dilating blood vessels and increasing the circulation of oxygen through the bloodstream and into the muscles. Beetroots are also a great vegetarian source of iron and B vitamins such as magnesium, iron and nitrates for long last energy. The combination of fennel, ginger and chamomile infused in the juice assists in reducing bloating, cramps and soothes the digestive system. The chamomile along with the high vitamin B, C and zinc content in the juice helps to support healthy stress management.

Key Ingredients

Chamomile: It is a calming herb, that is incredibly beneficial to the body in times of stress or anxiety. Chamomile tea is known to improve your mood as well as assist in relaxing and de-stressing. With its anti-inflammatory and anti-septic properties, chamomile assists in clearing up skin irritations such as allergies, acne and eczema.

Beetroot: It contains a compound called betaine which detoxifies and protects the liver by increasing phase II enzymes.

Nutritionist Tip

Our Earth 3 is a power pack of a cold pressed juice, with a large number of benefits that can be very use-ful when consumed at the right times throughout the day!

Beetroot juice is perfect to consume before a workout as it increases your stamina, enabling you to train harder for longer.

Ingredients:

Carrot, Beetroot, Chamomile Tea [Alkaline Water, Chamomile], Fennel, Lemon, Ginger.

Nutrition Information		
Servings per package:	1.00	
Serving size:	470.0ml	
	Average Quantity per Serving	Average Quantity per 100ml
Energy	614kj	131kj
Protein	4.0g	0.9g
Fat total	0.1g	0.0g
-saturated	0.0g	0.0g
Carbohydrate	27.0g	5.8g
-sugars	26.8g	5.7g
Sodium	16mg	3mg

*Serving sizes subject to variation +/- 15ml

This bottle of Pressed Juices is bursting with nutrients and enzymes in the convenience of a single bottle. It provides all the goodness that fresh fruits, vegetables & spices have to offer.

Our juices are 100% raw and unpasteurised. This means that they may be unsuitable for some people including pregnant women, young children, the elderly and those with weakened immune systems.

**All our stores have a qualified Nutritionist available to chat more about Pressed Juices complete range.*