



Greens 8

Reduces bloating and cramping, anti-Inflammatory & provides antioxidant support.

Product Information

Our Greens 8 is a delicious mix of gentle sweetness and deep green.

The orange balances out the silverbeet, zucchini and parsley, whilst the slight aniseed flavour of the fennel along with the turmeric and lemon myrtle give the juice a boost of sweet undertones.

Benefits of Greens 8

High in vitamin C, thanks to the orange, zucchini and lemon myrtle this water soluble nutrient is an important antioxidant needed to fight free radicals in the body. Additionally, this is our only green juice containing turmeric, an incredible spice with an array of health benefits including helping to ward off colds and flus, reducing inflammation and supporting brain health.

Key Ingredients

Fennel: A cool seasonal herb, fennel has a wonderful calming effect on the digestive system helping to alleviate cramps, flatulence and bloating.

Lemon Myrtle: Native to Australia, this plant offers powerful antifungal and antibacterial actions in the body, making it a great immune booster to add to your daily juice.

Nutritionist Tip

Feeling bloated, run down or a bit lethargic?

Pick up a Greens 8 to help boost your immune system, settle your tummy and give your energy levels a much needed lift. A great option to incorporate into a 3 or 5 day cleanse, particularly for those who are cleansing for gut health.

Ingredients:

Orange, Cucumber, Silverbeet, Zucchini, Fennel, Parsley, Turmeric, Lemon Myrtle.

| Nutrition Information | | |
|-----------------------|------------------------------|----------------------------|
| Servings per package: | 1.00 | |
| Serving size: | 470.0ml | |
| | Average Quantity per Serving | Average Quantity per 100ml |
| Energy | 728kj | 155kj |
| Protein | 7.2g | 1.5g |
| Fat total | 1.6g | 0.3g |
| -saturated | 0.3g | 0.1g |
| Carbohydrate | 22.7g | 4.8g |
| -sugars | 17.2g | 3.6g |
| Sodium | 468mg | 100mg |

*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.*