

YOUR JUICE SMOOTHIE? NOT A *smooth* MOVE.



1 BOTTLE
=
3
SLICES OF
APPLE PIE
CORE-AZY!



13 PACKETS

Nutrition Facts

Serving Size: 1 15-oz. bottle

Packets of
Sugar **13**

53 Total Sugar (grams)

Increased Risk of weight gain

Increased Risk of obesity

Increased Risk of type 2 diabetes

Increased Risk of tooth decay

Berry Burst. Strawberry Blast. Pomegranate Punch. With names like these, you may think your juice smoothie is loaded with healthy ingredients. Think again. Most bottled juice smoothies are juiced up with excessive amounts of sugar.

If you want a smoothie, blend real fruit with low-fat yogurt and ice or drink healthy, hydrating water instead.

RETHINK *your* **DRINK**

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 **TSET**