

# What's "Real" about your Smoothie?



OURS



THEIRS

*Dr. Smoothie*

# Let's really find out...

*Most companies want you to believe that the smoothie you are drinking is healthy for you. Did you know that most smoothies are loaded with sugar, artificial ingredients & preservatives but claim it's a REAL smoothie that is actually good for you.*

Over the last three decades, repeated studies have concluded that modest doses of synthetic colors to foods can provoke hyperactivity and other disturbed behavior in children. *Source: Institute for Agriculture and Trade Policy*

Red Dye #40 (and all FDA certified dyes) is referred to as a "Coal Tar dye". Today it's more likely to find petrochemical as the original base of most synthetic chemicals.

*Source: red40.com*

One of the harmful effects of preservatives in foods is the potential to cause breathing difficulties.

*Source: MayoClinic.com*

One of the most serious harmful effects of preservatives in foods is their ability to transform into carcinogens when digested. *Source: Livingstrong.com*

Sodium benzoate is sometimes used as a preservative in soft drinks, along with ascorbic acid (vitamin C). With excessive heat exposure, the two additives may interact to form benzene, which is known to cause cancer.

*Source: About.com*

Check for added sugars using the ingredients list. When sugar is close to the first on the ingredients list, the food or beverage is high in added sugars. *Source: Choosemyplate.gov*

Studies have shown that people who consume 5 or more servings of fruits and vegetables a day have lower rates of cancer, heart disease, obesity, diabetes, stroke, high blood pressure, osteoporosis and many other conditions.

*Source: Fruitsandveggiesmatter.gov*



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