



Mango Squash & Veggies

This 100% Mango Squash & Veggies Smoothie is so healthy & flavorful, you'll be surprised you are drinking vegetables and greens. Enjoy one now!!



Dr. Smoothie

fruit &
VEGGIE
5



100% fruit & veggie facts for your good health

A 20 oz. 100% Crushed Dr. Smoothie contains 5 servings of fruit and veggies!

- George Washington, the first U.S. president, loved to grow squash.
Source: groovyvegetarian.com
- The paisley pattern, developed in India is based on the shape of a mango.
Source: mango.org
- Butternut squash is in the same family as melons and cucumbers.
Source: goodhealth.com
- About one-third of all cancers are attributable to poor dietary habits.
Source: National Cancer Institute
- Fruits and vegetables that are yellow or orange are high in essential vitamins, minerals, fiber and carotenoids.
Source: fruitsandveggiematters.gov
- One of the easiest and tastiest ways to eat more healthy is to increase the consumption of fruits and vegetables.
Source: thedietchannel.com
- Many green vegetables provide a great source of vitamin C and vitamin B which is particularly good for our health.
Source: nourishmentforlife.org



Dr. Smoothie

**fruit &
veggie
5**

drsmoothie.com | fruitandveggie5.com | MADE IN USA