

A person's midsection is shown in the background, wearing a white tank top and having a yellow measuring tape around their waist. In the foreground, a hand holds a clear glass filled with fresh vegetables: a carrot, a slice of watermelon, a slice of cantaloupe, and green beans, all garnished with fresh green parsley. The text is overlaid on the left side of the image.

your daily
servings of
fruit & veggies
in one cup

Dr. Smoothie