

# Fruit that heals!



**Storehouse of Nutrients:** Excellent source of Vitamin C, Flavonoids that help in fighting cancer, dietary fiber, Vitamin A, B Vitamins, Amino acids, Beta - Carotene, Pectin, Potassium, Folic acid, Phosphorus, Sodium, Calcium, Iodine, Iron.

**Health Benefits:** Packed with various types of flavonoids, most of which have anti-inflammatory, anti-tumor and blood clot inhibiting properties; Strong ANTI OXIDANT, Helps HEART, Prevents CELL DAMAGE, Reduces CHOLESTEROL, Relieves CONSTIPATION, Repairs damaged SPERM, Reduces formation of KIDNEY STONES, Protects against VIRAL INFECTIONS...

**Consumption:** Always ensure to eat oranges immediately after they are cut open as the vital nutrients like Vitamin C could destroy faster on exposure to air. Any citrus fruit is good if consumed in moderation, neither too much nor too less, as the acid in them could damage bones and teeth over a period of time!

Compiled for reader reference. We do not undertake any responsibility in case of any health damage through the given information.  
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# ORANGE