

Papaya

Papaya contains the digestive enzyme papain that aids digestion. Papaya juice helps to relieve infections of the colon and may prevent cancer. Studies have shown that it has a beneficial tonic effect in the stomach and intestines.

Carrot

Eating carrots daily will lower the cholesterol and blood pressure. Carrots can improve the eyesight and can regulate blood sugars. It improves the appearance of the skin, hair and nails.

Blueberries

Due to the presence of anthocyanin it prevents the negative factors of aging. It can also prevent or delay all age related ocular problems. Blueberries are found to help protect the brain from stress and may reduce the effects of age-related conditions such as the Alzheimer's disease.

Beetroot

Beetroot is considered beneficial to the blood, the heart, and the digestive system. It has been regarded as a laxative, a cure for bad breath, coughs and headaches. It has been advocated as a cancer preventer and as a means of bolstering the immune system.

Wheatgrass

Wheatgrass improves the digestion; it is approximately 70% living chlorophyll, making it one of the best ingestible sources of chlorophyll available. It helps to purify the liver and improves digestion. Wheatgrass rebuilds red blood cell count and helps to regulate blood sugar.

Citrus Smoothies

iCitrus

Lemon - Orange - Honey

Mondo Citrus

Pineapple - Orange - Banana - Mango - Lime

Dawn-up Citrus

Lemon - Pineapple - Apple - Honey

Papaya Smoothies

Papaya Yearlingly

Papaya - Cranberry - Honey - Low-Fat Yoghurt

Peak-me-up Papaya

Papaya - Carrot - Pear

Maya Papaya

Papaya - Banana - Low-Fat Yoghurt

ZEN Signatures

Zen Master

Pear - Cucumber

Live Activity

Pineapple - Lemon - Celery

Rebirth Source

Orange - Apple

Lucky Health Charm

Apple - Carrot

Sunshine Temper

Apple - Pear - Pineapple

Vegetable Comforter

Cucumber - Celery



Berry Smoothies

Berry Collezioni

Mixed Summer Berries - Soya Milk - Honey

Berry Lake

Apple - Blueberries

Raspberry Ripple

Raspberries - Soya Milk - Yoghurt

Wheat Grass Shots

Simply Green

Wheatgrass - Cucumber - Lime

Pure Veggie Delight

Wheatgrass - Carrot - Celery

Sweet Grass

Wheatgrass - Apple - Kiwi

木瓜

木瓜含有丰富的木瓜酶可以帮助消化，木瓜汁具有治疗肠胃炎和抗癌的作用。科学研究证明木瓜还可以滋润肠道，促进消化。

胡萝卜

经常食用胡萝卜可以降低胆固醇、降低血压。胡萝卜素能保护视力，调节血糖，滋润皮肤、头发和指甲。

蓝莓

蓝莓中的花色素苷可以延缓机体衰老，对视力有良好的保健作用。科学研究表明食用蓝莓可以缓解压力，抗衰老，防止阿尔茨海默氏症。

甜菜头

甜菜头具有调节软化血管、预防心脏病、健胃消食的作用。它可以防止便秘、改善呼吸道疾病、治疗咳嗽，缓解头痛，它还有抗癌防癌，增强免疫能力的功效。

冰草

冰草有助于消化。冰草中超过70%的叶绿素成分使它成为最容易被人体摄取叶绿素的谷物。叶绿素是天然的造血原料，因此冰草可以促进红细胞生成、调节血糖。冰草还可以帮助肝脏排毒、清理肠道。

Power Smoothies

Max Power

Cranberry - Low-Fat Yoghurt - Mango

Chocolate Escape

Chocolate Sauce - Banana - Milk

The Green Wizard

Celery Sticks - Green Grapes - Avocado

Nutty Filler

Honey Melon - Raisins - Pistacho Nuts - Coconut

Bionic Tonic

Banana - Mango - Pineapple - Yoghurt

Choco Bubble

Strawberries - Chocolate Sauce - Custard - Soya Milk