

Healthy Living

A Specialized Approach To A Healthy Lifestyle

(NAPSA)—When it comes to a healthy living, specialization is one of the latest trends. A growing number of consumers are turning to specific supplements to enhance particular aspects of their health and well-being.

For example, when it comes to a diet that fights the aging process, some say that vitamin D is a nutrient essential to the prevention of osteoporosis. Others look to daily doses of vitamin E as a way to reduce the risk of heart disease.

Fruits and vegetables rich in antioxidants—such as blueberries, blackberries, red beans, artichokes and russet potatoes—are said to stimulate the immune system and protect the nervous system and brain from the oxidative damage some associate with aging.

This trend toward specialization is evident in a new line of juices—called Drenchers—that contain supplements that are designed to deliver specific benefits:

For example, the beverage called Endurance is said to fight fatigue and enhance energy. Made with a grape-apple flavor, it's fortified with 20-plus essential vitamins, nutrients, amino acids, electrolytes and herbs.

The juice called Power (Orange Crème) is designed to fuel and repair muscles. It's also fortified with essential vitamins, nutrients, amino acids, electrolytes and herbs and contains 20 g of protein per 8-oz. serving.

Restore contains apple, kiwi and mango juices to boost the immune system and is said to promote longevity by restoring the balance of essential nutritional elements in the body. It's also charged with electrolytes and for-



Consumers are turning to specific supplements to enhance particular aspects of their health and well-being.

tified with 25-plus essential vitamins, nutrients, amino acids, electrolytes and herbs.

Berry-flavored Immunity was created to assist those who are looking for ways to boost their immune system. It is fortified with 25-plus customized and essential vitamins, nutrients, amino acids, electrolytes and herbs.

Heart Healthy features a Tropical Passion flavor and contains over 15 customized and essential vitamins and nutrients thought to promote heart health and fight stress and fatigue. It also contains amino acids, electrolytes and herbs.

Said Chris New, founder, chairman and CEO of NBI Juiceworks, producers and distributors of Drenchers and Sun Shower brand products, "We have developed five great flavors and each one has a name that clearly identifies the major consumer benefit to be enjoyed."

Each juice also contains the combination of vitamins and nutrients that the company calls Bodyguard.

To learn more, visit www.nbi.juiceworks.com.