

BEVERAGE TRENDS

Drink Your Coffee While Taking Your Vitamins

(NAPSA)—If you like your coffee cold, you're not alone. The trend in drinking iced coffee and teas has never been stronger. The caffeine in them not only gives that needed jolt but now something else has been added. Some of the cold coffee blends now contain a taste of nutrition, which means you'll be taking your vitamins with your drinks as well.

A good example is a new line of iced coffee and tea beverages called Sun Shower Super Blends. Besides being high in protein, low in carbs and having half the calories of the ordinary blends, the company's iced coffees, teas and lattes contain the following:

- **Vitamin A**—A powerful antioxidant that helps protect the cells against cancer by neutralizing free radicals. Guards against heart disease and stroke, lowers cholesterol and slows the aging process.

- **Vitamin E**—An antioxidant/immunity booster that fights to slow the aging process. Important in the formation of red blood cells and helps the body use vitamin K (potassium).

- **Zinc**—An antioxidant that helps strengthen the immune system and aids in bone and teeth development.



Indulge Yourself—You can now drink your coffee and take your vitamins at the same time.

- **Nonfat Milk**—Contains no saturated fat or trans fat and is low in cholesterol.

- **Calcium**—An electrolyte that aids in muscle action and builds strong bones.

- **Niacin (B3)**—Important for converting calories from protein, fat and carbohydrates into energy.

- **Magnesium**—An electrolyte that aids in muscle action and other important processes. Maintains fluid and acid base balance in the body.

That same brand has a product line that consists of premium, 100 percent pure, pressed nectarine juices and all-natural yogurt smoothies.

To learn more, visit www.nbijuiceworks.com.