

# HEALTH FACTS & FIGURES

## Get Juiced Up For Flu Season With Vitamins C & E

(NAPS)—You're not alone if you have a healthy interest in protecting yourself against colds and flu this season. Each year, between 25 million and 50 million Americans are infected with the influenza virus (the flu) and at least 2.6 million require hospitalization. This year, due to a vaccination manufacturing delay, many people will be unable to obtain the influenza vaccine until well after the start of flu season, perhaps causing a larger outbreak of the virus than in years past.

As a result, it'll be even more important that people protect themselves against flu and cold viruses this year. Research shows increased intake of the antioxidant vitamins C and E may enhance the body's natural resistance.

Orange juices, such as Tropicana Pure Premium orange juice with Double Vitamin C and 100 percent Vitamin E, is a convenient, great-tasting way to get these immune-enhancing vitamins. Orange juice also offers other essential nutrients including potassium, folate and other B vitamins and can help prevent thousands of people from catching the flu this winter.

Remember, flu viruses spread easily from an infected person to a healthy one not only through the obvious means—coughs and sneezes—but also through such simple ways as hand contact and shared telephones. Doctors say that given a three-day window of time where a person is contagious, but not yet visibly sick, people need to help their bodies fight off the



**Research shows that intake of antioxidants such as vitamins C and E, found in Tropicana Pure Premium Double C with 100% E orange juice, may enhance the body's ability to resist the flu.**

virus—before they even know they've been exposed.

### **Tips to protect yourself:**

- Eat a diet rich in antioxidants and other vital nutrients by including a glass of Tropicana Pure Premium orange juice with Double Vitamin C & 100% Vitamin E every morning.
- Get plenty of rest.
- Stay hydrated with lots of fluids.
- Avoid contact with those who are sick with the virus.
- Keep hands clean and free of bacteria and germs.
- Keep work surfaces and telephones clean and free of bacteria and germs.