



## **ULTRALIFE FRUIT & VEG**

### **5 a day the easy way**

Do you find it difficult to include five portions of fruit and vegetables in your diet every day? Is it a struggle to get your children to eat their greens? Are you worried about the nutrient content of the fresh produce in your local supermarket?

Studies reveal that on average most people consume less than three pieces of fruit and vegetables a day and - more alarmingly - children and teenagers are likely to fall even further short of government nutrition targets.

Now there's an easy way to eat 'five a day' courtesy of UK health food manufacturer Ultralife. **Ultralife Fruit & Veg** is a specially formulated nutritional supplement designed to provide the same levels of phytonutrients, bioflavonoids, vitamins, minerals and essential nutrients as contained in five servings of organically grown fresh fruit and vegetables. The supplement also contains lutein, which helps prevent macular degeneration and supports healthy eyes, and lycopene – a natural antioxidant.

Designed to be taken as a drink in either tropical, orange or unflavoured varieties, **Ultralife Fruit & Veg** is a simple and effective method of ensuring you and your family are reaching your nutritional targets. Ideal for people struggling to consume a healthy diet on a consistent day-to-day basis or growing children, **Ultralife Fruit & Veg** is the perfect dietary antidote to hectic lifestyles and fussy children.