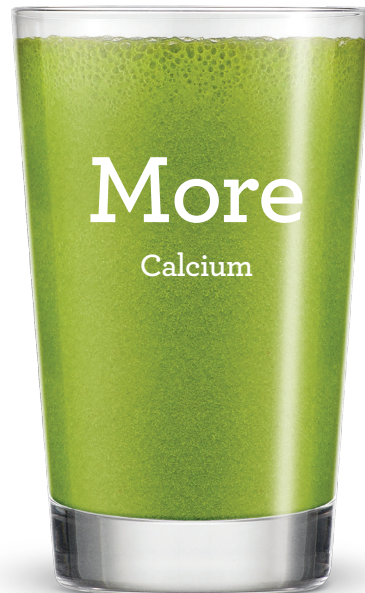


New study reveals green juice has up to twice the nutrients as green smoothies.



Green Juice
From a juice extractor

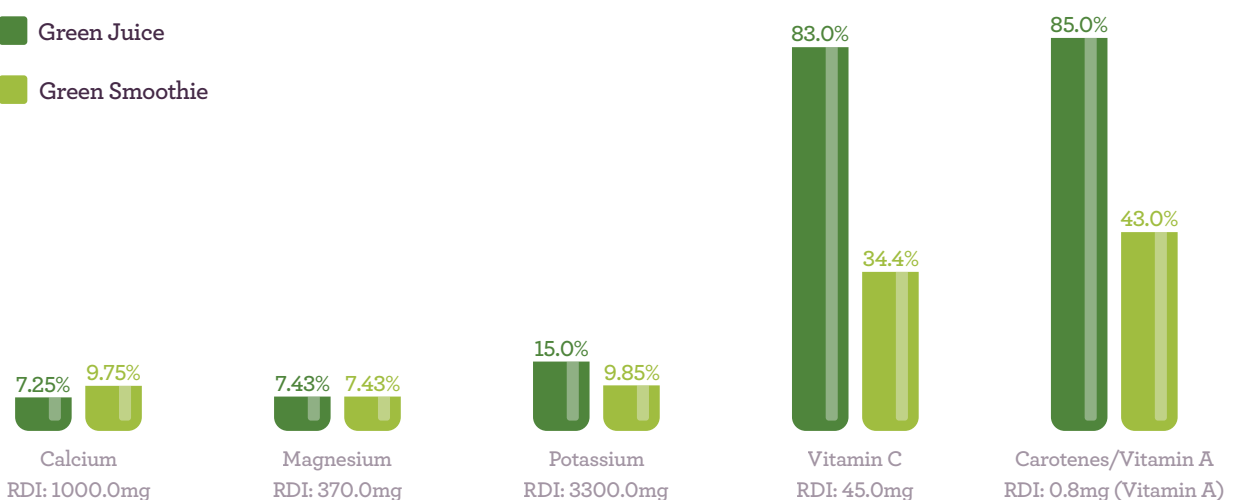


Green Smoothie
From a commercial blender

Percentage of recommended daily intake (RDI) per serving

■ Green Juice

■ Green Smoothie



- Testing performed by Australian Government National Measurement Institute, Dec 2013 & commissioned by Breville
- Juice Extractor was a Breville BJE410 Juice Fountain, Blender was a Vitamix 5200 Commercial Blender
- Nutrient charts shown as the percentage of recommended daily intake (RDI) for each nutrient per 250g serving and taking the average for male and female Aust Govt RDIs
- Juice Ingredients; 100g Kale, 120g celery stalk, 200g carrot, 200g apple, 300g peeled orange
- Smoothie Ingredients; 100g Kale, 120g celery stalk, 200g carrot, 200g apple, 300g peeled orange, 250g water
- Water added to smoothie to enable blending and replicate consumer use. Total dilution was approximately 21%. Nutrient reduction was up to 59%
- Carotene yields have been converted to Carotene Retinol Activity Equivalents (RAEs) using USA Institute for Medicine scale and measured against Vitamin A RDI