

An Apple a Day?

Can one apple a day really keep the doctor the away?

It just might! The apple is jam-packed with nutrients and has been shown to contain rich sources of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a wide range of vitamins, minerals, and amino acids. Its benefits range from glowing, radiant skin to cancer prevention. Discover what else an apple a day can do for your health.



- Studies show that the soluble fiber (pectin) in apples promotes digestive health, counteracts the negative effects of radiation therapy, prevents gallstones, and rids the body of toxins. Consuming an apple a day has been found to lower bad cholesterol levels by 8-11%.
- The peel of the apple has enough antioxidants and nutrients to inhibit the body's aging process, prevent cancer, and lower bad cholesterol. French researchers found that a flavonoid found only in apples, called phloridzin, increases bone density and may protect against osteoporosis.
- Apples have been shown to promote oral health and healthy skin. A study of 10,000 people showed that those who consumed apples on a regular basis had a 50% lower risk of developing lung cancer.
- Studies show that women who consume apples regularly during their pregnancy reduce their child's risk of asthma.



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