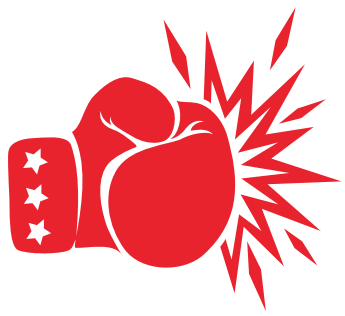


WHAT'S IN A SERVING OF 8 STRAWBERRIES?



ANTIOXIDANTS

Antioxidants knock out free radicals and protect against heart disease, cancer, diabetes, and other chronic diseases.

POTASSIUM

6% recommended daily value of potassium, essential for muscle contraction and maintaining a healthy blood pressure.

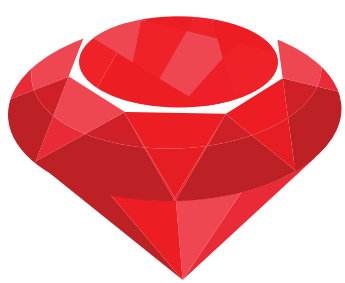


VITAMIN C

110% recommended daily value for vitamin C, an antioxidant that scavenges free radicals and increases iron absorption.

FOLATE

Protects against vascular disease and cancer, reduces homocysteine levels, and is critical for DNA synthesis and cell division during pregnancy.



POLYPHENOLS

Antioxidant phytochemicals that help prevent chronic inflammation and give strawberries their ruby red color.

HEART HEALTHY FIBER

Fiber helps to reduce cholesterol and increase feelings of satiety, supporting a healthy heart and a healthy weight.



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