

EGGPLANT

HEALTH BENEFITS

- Prevents Cancer
- Promotes Weight loss
- Better Skin Tone
- Prevents Cellular damage in Brain
- Lowers Bad Cholesterol
- Manages Type 2 Diabetes

NUTRITIONAL BENEFITS

- | | |
|---------------------------|------------|
| Fiber | Vitamin C |
| Chlorogenic Acid | Potassium |
| Nasunin | Magnesium |
| Vitamin A & Beta Carotene | Calcium |
| B Vitamins | Phosphorus |
| Folate | |

HOME BEAUTY REMEDIES

- See Freckles Fade
- Say Goodbye to Warts
- Regulate and Pamper Skin
- Gently Treat Your Hair

FACTS: 35 Calories in 1 cup

Eggplant Water Can Help Weight Loss



Nutrition Solution Lifestyle™