

WHY SHOULD YOU EAT WATERMELON?



Watermelon is rich in **lycopene**, which has been shown in many studies to be protective against a growing list of cancers. Lycopene also protects against heart disease and protects our DNA inside white blood cells



B Vitamins are abundant in the watermelon, a vitamin critical for energy production. Watermelon also delivers more nutrients per calorie, as it is so water dense, making it an outstanding fruit to consume both pre- and post-exercise!



Half a watermelon gives you over 12,000 IU's of vitamin A! Exactly the recommended amount of daily vitamin A intake. Vitamin A helps keep your eyes, skin and mucous membranes moist. It also has antioxidant properties that neutralize free radicals in the body that cause tissue and cellular damage



Watermelons contain **citrulline**, a compound that helps relax blood vessels of the body, similar to what happens when a man takes viagra. This effect is also beneficial to the heart, circulatory & immune system



Improves our body's defense system via high concentrations of vitamin C, an important antioxidant that helps ward off illness and helps our bodies combat the daily pollution and environmental stress it is exposed to

