Get Your Beta-Carotene from
Fruits and Vegetables

Beta-carotene is an anti-oxidant found in rich-colored fruits and vegetables such as oranges, beets, carrots and kale. Our bodies convert beta-carotene into vitamin A, an essential vitamin which gives us **good eye health, super healthy skin, boosts our immune system, and protects us from free radicals, all of which lower our risks for disease**. Beta-carotene in a supplement, such as multi-vitamins, can be toxic when consumed in high doses. Smokers and ex-smokers have a higher risk of lung cancer when taking beta-carotene supplements and some drugs have a bad interaction with these supplements. Beta-carotene in its natural form do not cause any risk to our health. **You can never overdose on beta-carotene when eating it in fruits and vegetables.**

Beets & Strawberry Smoothie

1 beet
1 cup strawberries
Water, to blend
Servings: 2

Grandma's Juice

1 beet
1 cup carrot juice
½ cup orange juice
1 stalk celery
Ice
Enough water to blend
Servings: 2

Boost your juice by adding kale or spinach.

Blend all and enjoy!

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