

## PEACH BENEFITS

- Good source of Vitamin C
- Contain Calcium
- Help soothe an upset stomach and ease diarrhea and gas.
- Help boost Metabolism
- Helps the body stay fuller for longer
- Helps with weight loss
- Have Potassium
- They are hydrating
- May reduce Allergy symptoms
- May protect against certain toxins
- May protect your skin
- May Improve Heart Health