

STRAWBERRY BENEFITS

- Fast-working antioxidant
- Vitamin C
- Boost Immunity
- Vitamin C is one of the antioxidants that can help with cancer prevention
- Helps to improve skin's elasticity and resilience
- Powerful heart-health booster
- Reduce inflammation of the joints, which may cause arthritis
- Maintain Healthy Vision
- Boost of fiber intake
- Aid in weight management
- Regulate Blood Pressure
- Lower Cholesterol