

Florida GRAPEFRUIT



LOOK AND FEEL Your Best Every Day

Leave the pricey, processed beauty products behind and simplify your routine with Florida grapefruit and 100 percent grapefruit juice. Infuse these tangy-sweet gems into your life to help achieve natural beauty every day.

- 🍷 **Gorgeous grin.** A stunning smile starts with healthy gums. Vitamin C, which is found in grapefruit, helps keep teeth healthy by supporting collagen production as a foundation for healthy gum tissue. So, go ahead, take on the paparazzi!
- 🍷 **Pamper feet and hands.** After a long day, try pampering tired feet and hands in a bowl of warm water mixed with grapefruit juice. Or, for a whole-body treat, whip up our do-it-yourself grapefruit salt scrub to relax and rejuvenate:

Stir together ½ cup kosher salt, 1 tablespoon grated fresh ginger, 1 tablespoon yellow or pink grapefruit zest and 1 cup almond or sesame oil. This invigorating scrub can be used all over with the exception of the face and freshly-shaven legs. The scrub keeps for up to three weeks when refrigerated in an air-tight container.

- 🍷 **Glowing skin.** Your overall diet and health regimen may contribute to smooth, supple skin. The vitamin C found in Florida grapefruit and 100 percent grapefruit juice supports collagen production to help keep skin looking youthful, glowing and picture perfect for whatever the day throws your way. Collagen breakdown in the skin may contribute to the appearance of wrinkles.
- 🍷 **Fabulous figure.** If you're trying to maintain a healthy weight, consume fruit and vegetables with high water content, like grapefruit, to help you feel satisfied. One-half of a medium Florida grapefruit is fat-free and contains 60 calories. One-hundred percent Florida grapefruit juice is fat-free and has fewer calories than many commonly-consumed fruit juices at around 100 calories per 8-ounce glass, making it a great addition to any weight-management regimen.

For additional information on Florida grapefruit, visit www.GoFloridaGrapefruit.com